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PAGES 10-11

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THEY'RE SO IN TENTS

Chad Swayze takes a look inside the tent on the roof of the Osborne Village Fire Hall he and three other Winnipeg firefighters will call home until Friday. The four are volunteering to sleep under the stars for four days to raise money for Muscular Dystrophy Canada. See story, page 4. SHANE GIBSON/METRO

Pallister says civil servants' jobs are safe if he's elected

'Incredible and false.' Opposition leader responds to NDP attack ads that accuse him of planning cuts to hospitals, schools

Manitoba Opposition Leader Brian Pallister tried to rebut NDP attacks ads Tuesday with a promise: No front-line civil servants will lose their jobs if he becomes premier.

Pallister has been the subject in recent weeks of a "running with scissors" ad campaign by the governing New Democrats, in which they accuse him of planning deep cuts to hospitals, schools and other "services that Manitoba families count on."

The ads are based on promises Pallister has been making since being elected Progressive Conservative leader in 2012. He wants to eliminate the deficit, cut spending and repeal a sales tax increase the government imposed last year.

Pallister said Tuesday he can do it all without cutting front-line workers, by focusing on wasteful spending and identifying duplication and "by working in partnership with the civil service."

Pallister has already outlined some specifics of his plan — a "chill" on government hiring, a cut in government advertising and some administrative job cuts through attrition.

Pallister admitted Tuesday to some reluctance to take on the NDP ads, but said he felt he had no choice.

"We're finding that perhaps one in 10 (civil servants) actually think this is a real reason to be afraid," he told reporters.

"And even though I run the risk, with this statement today, of giving some credibility today to something that is incredible and false, it's those people that I'm addressing this message to."

The NDP said their ads are fair. They point to Pallister's use of words such as "chill" and to his time as a cabinet minister in the 1990s, when the province cut spending drastically.

"He's upset that his plan … is being called what it is: a plan to fire people. He's upset that we're drawing attention to his own record of firing nurses and laying off teachers," Finance Minister Jennifer Howard said in an emailed statement.

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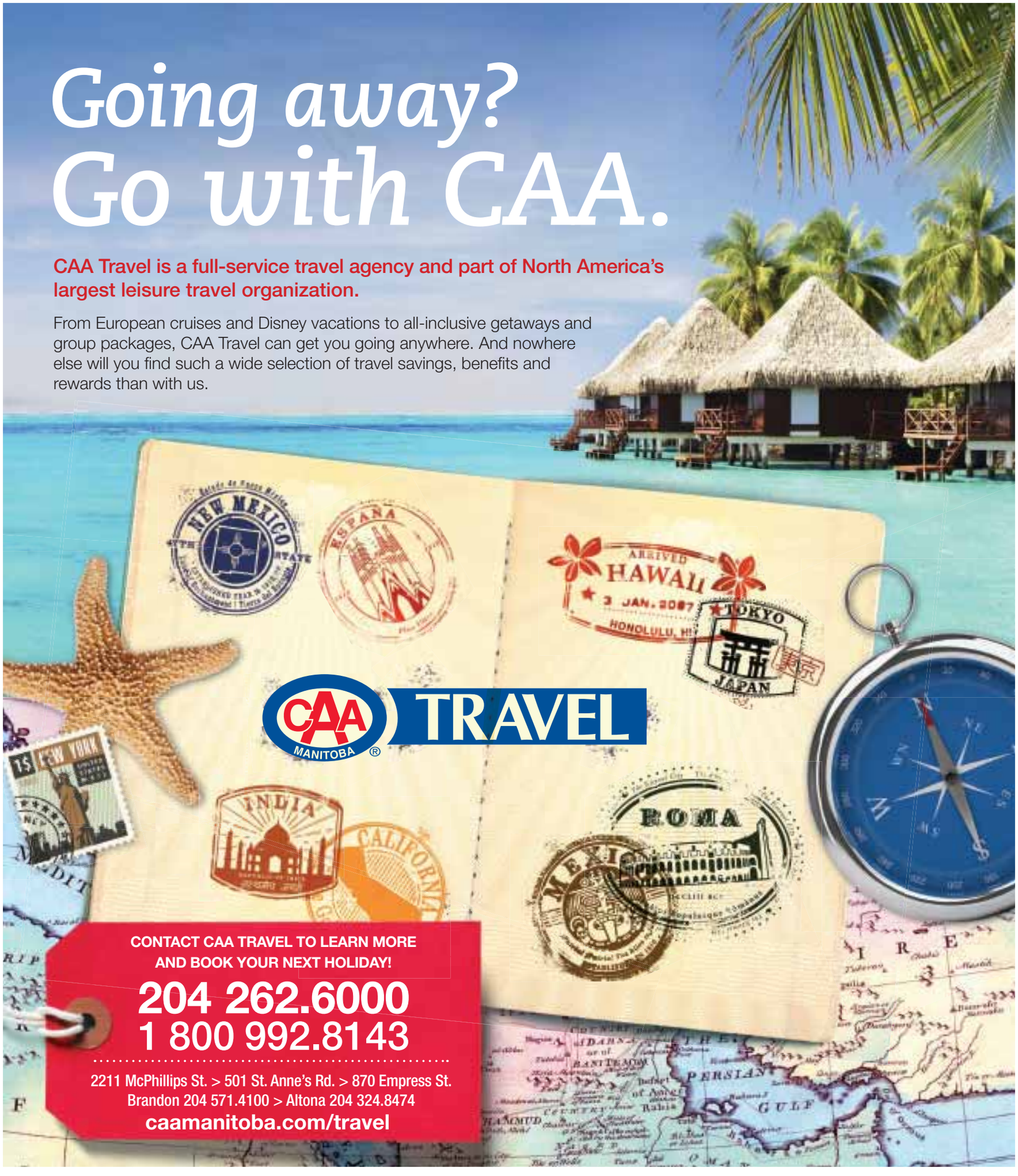
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En route to East St. Paul

Committee approves N.K. road closures

A city committee has upped the pressure on officials behind a potential large-scale commercial development in East St. Paul, backing the closure on July 1, 2015, of two North Kildonan streets near city limits.

Coun. Jeff Browaty, chair of the property and development committee and the area's councillor, said "nobody wants to go and close a road," but "the reality is building a large-format retail site on a two-lane residential street just doesn't fit."

Both Gateway Road and Raleigh Street are caught in a tussle between the City of Winnipeg and the rural municipality of East St. Paul, whose officials are debating whether to change the designation of a parcel of land near the Perimeter at Lagimodiere to commercial from mixed-use residential.

A 37-acre, Walmart-anchored shopping area is being proposed for that site.

However, Browaty clarified he isn't against commercial development, adding that if the retail site were to tie into Lagimodiere Boulevard or the Perimeter highway, "perhaps this would be a good amenity."

Last July, Browaty threatened to choke off the only access point to the commercial development from Winnipeg if the RM didn't include new arterial roadways for better traffic flow. On Tuesday, Browaty also added that a cloverleaf planned for North Perimeter Highway and at Highway 59 is "long overdue."

BERNICE PONTANILLA/METRO

Website for Manitoba. Camping reservations to open March 24

The Manitoba government's website for camping reservations will open on March 24, according to an email sent out by the Parks Reservation Service Tuesday.

The website will open for reservations for cabin, yurt, group use and Birds Hill Campground only on March 24. The rest of the campsites in Manitoba's provincial parks will be open on April 7.

The reservation service goes live at 7 a.m.

This year, there will also be pet-friendly cabins and yurts available for rent.

Up to two pets are permitted per cabin or yurt.

For more information, visit prspub.gov.mb.ca.

METRO

Frozen pipes. Homeowners won't be compensated

Mayor Sam Katz told media Tuesday that homeowners who were found to have frozen pipes on their side of the property line and paid to have it thawed will not be compensated.

The city changed its policy on frozen pipes after finding that most were occurring on the city's side, said Winnipeg's emergency preparedness coordinator Randy Hull.

Since Katz announced the city would no longer be determining whose side the frozen pipes were on and would simply fix frozen pipes, several homeowners who paid to have their pipes thawed have come forward to complain about being on the hook.

"As the frost went deeper, it became a city issue," said Hull, adding the city has placed a lot of emphasis on preventative measures such as at-risk homes running a straw-sized, continuous amount of water.

BERNICE PONTANILLA/METRO

Enough retail at Kenaston snow dumpsite: Coun.

Coun. Paula Havixbeck said the Kenaston snow dumpsite should see new life as office space or residential. BERNICE PONTANILLA/METRO

Kenaston Boulevard. P&D committee chair said best to get as many proposals for site

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The city councillor whose area includes a major urban snow dumpsite said she'd prefer to see it developed into offices or homes, not more retail space.

Coun. Paula Havixbeck said the city should look for the "best value" in the future when it comes to the sale of the Kenaston Boulevard snow dumpsite.

On Tuesday, councillors on the property and development committee voted in favour of closing roads in the site, a necessary first step before selling the land.

"I don't want more retail in the area; as the area councillor, I think I know the area the best," Havixbeck said Tuesday.

The report that went before Tuesday's P&D meeting contained several recommendations from the Assiniboia community committee, of which Havixbeck is a member, the chief one being to not simply sell the land to the highest bidder, as is usually the case, and to designate it as "employment lands."

Coun. Jeff Browaty, who chairs the P&D committee, said it's important not to limit the scope of what the property can be developed into. Instead, he believes it's best to put it up for tender and see what kinds of bids come back.

The committee members agreed with Browaty, disregarding the Assiniboia community committee's request to designate the property as "employment lands" and its request for 60-metre right-of-way for a future public road.

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QuickCare Clinic to open in St. Vital

Manitoba Health Minister Erin Selby speaks to media Tuesday morning at the location of what will be the city's third QuickCare Clinic when it opens later this year at 620 Dakota St. Selby said investments made in the province's 2014 budget — including hiring more than 50 health professionals and opening four more QuickCare Clinics by the end of next year — will help make sure all Manitobans have access to a family doctor by 2015. SHANE GIBSON/METRO

Drinking mom gets house arrest

Child abandonment. While she was out boozing, kids left home alone, naked, in suite covered in animal feces and bedbugs, court hears

A mother who left her young children at home alone in a filthy apartment while she went drinking has been sentenced to one year of house arrest.

Court heard the two kids were locked, naked, in separate rooms in November 2012.

Officers who went to the Winnipeg suite said it was covered in dog and cat feces and was infested with bedbugs and flies from a stack of dirty dishes.

Quoted

"She couldn't see the kids. She had nowhere else to go."

Lawyer Ian McNaught, in defending the mom, who, after the police told her to leave her home, went back to drinking at the bar.

An anonymous tip led police to the children, who remain in foster care.

The woman, who pleaded guilty to child abandonment, is also to serve a year of probation with a long list of conditions.

The Crown had argued during her sentencing hearing that the woman, who is 22, should spend six months in jail.

Court heard she made plans to celebrate her 21st birthday at a hotel bar and locked her children, who were two and four, in separate rooms in a Manitoba Housing suite.

Crown attorney Sharyl Thomas said anything could have happened to the children that night and the woman shouldn't be given a conditional sentence.

Defence lawyer Ian McNaught said the woman was young and had limited education. Thomas outlined how Child and Family Services got an anonymous tip about the unsupervised kids and called police. Security let officers into the suite.

The children, one of whom is disabled, were checked out at the Winnipeg Children's Hospital. One was found to be anemic and the other had bedbug bites.

THE CANADIAN PRESS/CJOB

Firefighters take to roof for Muscular Dystrophy

Four hearty Winnipeg firefighters have once again taken up residence on top of the Osborne Village Fire Hall to raise money for Muscular Dystrophy Canada.

Firefighters Chad Swayze, Alan Bartley, Mike Lisowick and Ben Ritchie climbed a fire-truck ladder to get to the large yellow decontamination tent set up on the fire hall's roof Tuesday morning and won't come back down for anything other than bathroom breaks and showers until Friday.

"The first day is OK, but after about the fourth day you're ready to come down," laughed Swayze, who is taking part in his fifth rooftop campout fundraiser, which have raised around $120,000 since the first was held four years ago. "It's like you've gone on a holiday but you're stuck on a roof."

The firefighters will drop a boot on a rope down from the roof for donations from anyone who wants to swing by to give at the fire hall, and cash or cheques can also be dropped into the boots of firefighters who will be at the corner of Stradbrook Avenue and Osborne Street over the morning and afternoon rush hours until Friday.

A fire-truck ladder gets ready to put firefighters taking part in the rooftop campout onto the Osborne Village Fire Hall roof. SHANE GIBSON/METRO

Twitter

Follow the firefighters as they live on the roof over Twitter under the hashtag #rooftopcampout.

"While we might see these guys later this week lounging on the roof, getting manicures or having great meals, a lot of hard work has gone into this and it's a lot of hours away from their families — we really appreciate that," said Kristen Pachet from Muscular Dystrophy Canada, noting 2014 marks the 60th anniversary of firefighters across the country raising money for the non-profit. "Without firefighter support we probably largely wouldn't have an organization that can do so much and help so many people." SHANE GIBSON/METRO

Manitoba wants ruling on claim StatsCan undercounted population

Manitoba wants the federal government to appoint a panel to rule on whether Statistics Canada undercounted the population by 18,000 in the last census — costing the province $100 million a year in transfer payments.

Finance Minister Jennifer Howard says Ottawa has a responsibility to help resolve the dispute. A panel made up of a representative from Manitoba, Statistics Canada and a neutral chair could settle the dispute, she suggested Tuesday.

"The stakes are high for us," Howard said. "Losing half-a-billion dollars over the next five years and trying to deliver high-quality services to Manitobans and balance the budget — that is a significant, significant challenge."

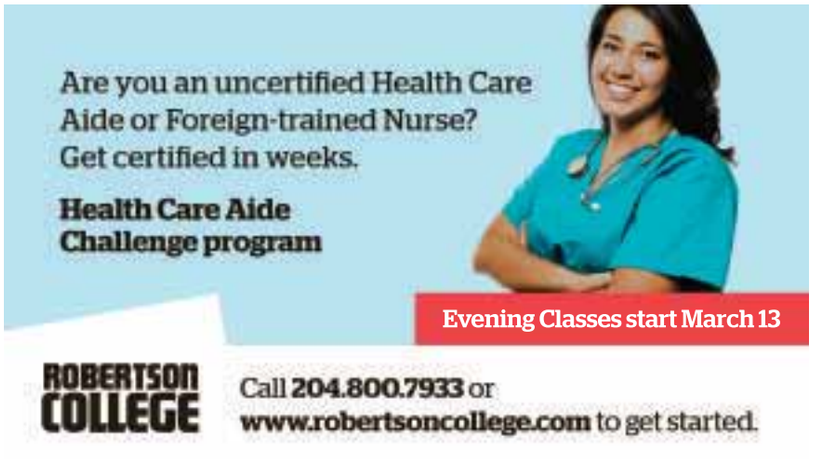
Since federal transfer payments are based on population, finance department officials have calculated Manitoba will receive $100 million less a year in health care, social services and equalization money.

Statistics Canada has publicly said its census figures are accurate.

But in a letter to Manitoba's chief statistician, Statistics Canada admitted something might be amiss with the population estimates and would try to fix it in time for the next census, Howard said.

"It's as if you went to your doctor and they did blood work and they got a result they couldn't explain," she said. "But then they said, 'We're just going to go with it.' You would want that redone. That's what we're asking for."

THE CANADIAN PRESS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Halifax 'miracle baby' has a name

Mireya. Halifax mother whose newborn was declared dead settled on a Spanish name that means 'miracle'

RUTH DAVENPORT
Metro in Halifax

The mother of the "miracle baby" born at the IWK Health Centre in Halifax this week says the baby appears to be making a steady recovery — and yes, she has a name.

Robin Cyr's child wasn't breathing when she was delivered around 3 a.m. March 8 after a complicated birth.

The baby was declared dead after about 25 minutes, Cyr said — but suddenly started breathing on her own after staff stopped trying to revive her.

On Tuesday, Cyr said she had settled on a name for the big newborn: Mireya, a Spanish name that means "miracle."

"I've seen her open her eyes for the first time," said Cyr, 34, during a phone conversation Tuesday afternoon, adding that doctors were pleased with the baby's progress. "In maybe another four or five hours, I'll get to hold her for the first time."

The newborn baby girl on Sunday in the neonatal intensive-care unit at the IWK Health Centre in Halifax. JEFF HARPER/METRO IN HALIFAX

Quoted

"It's just kind of emotional ... just because of everything (Cyr's) been going through. It's just a hard thing to grasp."
Anita Richards, "miracle baby" Mireya's aunt

Since Monday, when Metro first published Cyr's story, it has been picked up by international media, including the British publication the Daily Mail and the New York Daily News.

But Cyr said she still hasn't processed the reality of almost having lost her fourth child.

"It didn't hit me yet," she said, adding she's been "very busy" with visits from friends and concerned relatives — all of which she's trying to juggle around caring for her newborn.

An independent Quebec would welcome rest of Canada: Marois

An independent Quebec would have no borders and would open its arms to tourists from Canada, Parti Québécois Leader Pauline Marois said Tuesday.

Marois was asked on the campaign trail whether an independent Quebec would be more attractive as a tourism destination.

"It won't change our landscapes, that's for sure," she said. "We'll still be able to go see the Rockies out west and go to Prince Edward Island and they'll be able to come here. There won't be any borders or tolls."

Marois then said an independent Quebec would have more latitude and freedom but she did not immediately elaborate on the border issue.

Later in the day, Marois sought to clarify the border comments when she agreed with a reporter's assertion that an independent Quebec would be like the European Union, where there is free movement of citizens.

Parti Québécois Leader Pauline Marois walks to her campaign bus Tuesday after a press conference in Bécancour, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

"That's what it means, but that's not to say there wouldn't be a (Quebec) citizenship and … a passport," Marois said.

For his part, Liberal Leader Philippe Couillard said the PQ's constant musings on Quebec's future only serve to hurt the province.

"Every time they hint at a referendum, Quebec is weakened," he said at a campaign stop in Trois-Rivières. Quebec independence would destroy the rest of Canada because the province is an "essential part" of the country and its "distinct character" is part of what makes Canada so interesting.

Couillard also harked back to the failed 1990 Meech Lake constitutional agreement, which would have recognized Quebec as a distinct society.

"Canada didn't refuse (to sign Meech)," he said. "Some provinces did not endorse Meech Lake but that doesn't mean Canada turned it down."

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These images released by Malaysian police during a news conference in Sepang, Malaysia, on Tuesday, show, at left, an Iranian identified by Malaysian police as Pouria Nour Mohammad Mehrdad, who Malaysian authorities say is 19, although Interpol's information indicated an age of 18, and 29-year-old Iranian Delavar Seyedmohammaderza. The men boarded the now missing Malaysia Airlines jet MH370 with stolen passports. MALAYSIAN POLICE/THE ASSOCIATED PRESS

Missing jet last spotted off course: Malaysian military

Flight MH370. Hijacking, sabotage and the pilots' psychological health are being considered

The missing Boeing 777 jetliner changed course over the sea, crossed Malaysia and reached the Strait of Malacca — hundreds of miles from its last position recorded by civilian authorities, Malaysian military officials said Tuesday, citing military radar data.

The development added confusion and mystery into what is emerging as one of most puzzling aviation incidents of recent time, and it has raised questions about why the Malaysia Airlines flight apparently was not transmitting signals detectable by civilian radar or sending distress calls after it turned back.

Many experts have been working on the assumption there was a catastrophic event on the flight — such as an explosion, engine failure, terrorist attack, extreme turbulence, pilot error or even suicide. The director of the CIA said in Washington that he still would not rule out terrorism.

Flight MH370, carrying 239 people, took off from Kuala Lumpur at 12:41 a.m. Saturday, bound for Beijing. Authorities initially said its last contact with ground controllers was less than an hour into the flight at a height of 35,000 feet, when the plane was somewhere between the east coast of Malaysia and Vietnam. THE ASSOCIATED PRESS

Proficiency exams

A new kind of surrogate

Police in London, Ont., have charged three people who allegedly used fake passports to write English proficiency exams for foreign students who paid them $7,000 for the service. The exams are among the qualifications required for acceptance into colleges and universities in Canada. Police say some foreign students unable to pass the exam hired a surrogate to write the test on their behalf. THE CANADIAN PRESS

Swedish journalist killed by unknown gunman

A journalist for Swedish radio was shot and killed by an unidentified gunman on Tuesday as he stood by a busy road in Kabul.

A spokesman for Kabul's criminal investigation section told The Canadian Press that Nils Horner, 51, was shot in the back of the head while talking to a translator on a street that runs along the Afghan capital's embassy district. The scene lies just up the way from the site of a deadly restaurant attack in January.

Horner, who was also a British citizen, was rushed from the scene, but succumbed before reaching the hospital, said Sayed Gul Agha Hashimi.

The journalist's driver and translator are being questioned as part of the investigation.

A witness, who didn't want to give his name, said two young men approached Horner just after he'd gotten out of a car and while he was in conversation with the translator.

He said the men's appearance didn't raise any alarm and it seemed they all knew each other. Then one of the men pulled out a gun with a silencer and shot Horner.

British news media reports say Horner had been on his way to meet a survivor of the January restaurant attack, in which Taliban militants killed 13 foreigners and eight Afghans.

THE CANADIAN PRESS

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UFO reports down, still three a day

Ontario leads. Almost 1,200 alleged sightings across Canada in 2013

UFO sightings in 2013 may not have reached the hype they did in 2012, but there were still almost 1,200 sightings in Canada last year, according to a list compiled by the Winnipeg-based group Ufology Research.

In total, there were 1,180 UFO sightings in Canada, says the summary of results, the second-highest yearly number of UFO sightings in Canada in the last 25 years.

The highest was in 2012, with about 2,000 cases reported. "This was likely an anomaly due to many people who were excited about the so-called 'end of the world' in 2012 according to the Mayan Calendar, and reporting many lights and objects as UFOs," said the authors in a statement.

"The continued reporting of UFOs by the public and the overall trend of increasing yearly numbers of UFO reports suggests a need for further examination of the phenomenon by social, medical and/or physical scientists."

METRO

Extraterrestrial?

The average UFO sighting in 2013 lasted about 13 minutes.

- Ontario had more than 40 per cent of all Canadian UFO reports.
- About 14 per cent of all UFO reports were classified as unexplained.

I just want your extra time

NDP Leader Tom Mulcair gets a kiss from sled dog Bilbo at Muk Tuk Kennels in Takhini River, Yukon, Tuesday. Mulcair is in the Yukon until Thursday. VINCE FEDEROFF/WHITEHORSE STAR/THE CANADIAN PRESS

Trapped by cat, family calls 911

The Oregon owners of a 22-pound house cat that trapped them in their bedroom after attacking their baby say they're not giving up on their pet and are getting it medical attention and therapy.

Two days after police arrived to subdue the four-year-old part-Himalayan cat, owner Lee Palmer of Portland said he's taking the feline to a veterinarian. A pet psychologist also is due at the house to see the cat, named Lux.

"We're not getting rid of him right now," Palmer said. "He's been part of our family for a long time."

Palmer says the animal attacked his seven-month-old child after the baby pulled its tail. The child suffered a few scratches on the forehead.

On the 911 call, Palmer tells the dispatcher he kicked the cat "in the rear" to protect his child. Palmer says the animal then "just went off over the edge," leading Palmer and his girlfriend to barricade themselves, their baby and the family dog in the bedroom for safety.

The cat can be heard screeching in the background of the call as Palmer says in a panicked voice: "He's charging us. He's at our bedroom door."

Palmer also tells the dispatcher the cat has been violent in the past.

Officers used a dog snare to capture the animal, and placed it in a crate.

The cat attack story gained attention after police put out a news release about it Monday. Palmer says people reached out wanting to adopt Lux, but the family is not taking them up on it. THE ASSOCIATED PRESS

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Venezuela protests

Mediation a possibility for Biden: Source

U.S. Vice-President Joe Biden has been discussing the "difficult situation" in Venezuela with other Latin American leaders attending Chile's presidential inauguration on Tuesday, and mentioned the possibility of mediation by third parties, according to a senior U.S. administration official.

The official, who was not authorized to speak on the record, said Biden told leaders that democracy is more than holding elections — that human rights, including the right to protest, also must be respected.

The official said Biden told them he stood by remarks this week to Chile's El Mercurio newspaper suggesting Venezuela's government is using "armed vigilantes" against peaceful protesters and accused it of "concocting false and outlandish conspiracy theories" of U.S. involvement.

THE ASSOCIATED PRESS

In Brooklyn, N.Y.

Haitians sue UN over cholera outbreak

Nearly 1,500 Haitians filed a lawsuit Tuesday seeking compensation from the United Nations for victims of a cholera outbreak that health officials say has killed more than 8,000 people and sickened over 600,000 in the impoverished Caribbean nation.

Scientific studies have shown that cholera was likely introduced in Haiti by UN peacekeepers from Nepal, where the disease is endemic.

UN Secretary-General Ban Ki-moon rejected a previous claim for compensation for cholera victims, citing diplomatic immunity, but announced a $2.27-billion initiative to help eradicate cholera in Haiti in December 2012.

The lawsuit filed Tuesday in Brooklyn federal court seeks compensations for deaths and illnesses and funding for clean water in Haiti.

THE ASSOCIATED PRESS

Crown to appeal sex assault case on bias

Defence calls it a 'distraction.' Lead detective's statement recounts fishy after-trial talk with judge

JOE LOFARO
Metro in Ottawa

An Ottawa lawyer says the Crown is "reopening a can of worms" by seeking to appeal a sexual assault case in which the judge discussed evidence he found on a dating website with a detective after delivering his verdict.

Céline Dostaler's client was acquitted on Dec. 18, 2013, after spending 14 months in custody facing charges of sexual assault and forcible confinement against his 43-year-old wife.

But in a January affidavit, Vikki Bair, Crown attorney for the City of Ottawa, said she was "very concerned" by what lead detective Erin Lehman said Superior Court Justice Timothy D. Ray had told her.

On Monday, the appeal court granted the Crown an extension to appeal the acquittals on the grounds of "reasonable apprehension of bias."

But Dostaler told Metro Tuesday the decision is a "distraction from my client's innocence."

"He was acquitted on the merits of a sexual assault and forcible confinement and I think this is more of a side-track issue and it doesn't change the fact that I think the Crown didn't have the strongest case," said Dostaler.

Dostaler said she has not seen the Match.com profile in question.

"I think the judge's decision was proper and we had already had enough information to discredit (the complainant) and she was discredited in court," she said.

"(My client) is absolutely upset because he feels this is a distraction of his acquittal."

The accused was found guilty of assault and pleaded guilty to two breaches.

The matter returns to court March 19.

Detective's statement

According to Det. Lehman's statement, the judge had her come to his chambers after the trial and the following unfolded.

- He said he had created a fake profile on the dating website Match.com the night before the verdict.
- He said he found evidence on the site that would have been able to "hang" the victim with all the available information
- At the end of the conversation, Ray told Lehman she had been a "bright, happy face" in a sombre crowd.
- He also said they should have lunch or coffee some time.

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Japan mourns tsunami's third anniversary

Japanese Prime Minister Shinzo Abe bows to Emperor Akihito and Empress Michiko at the altar for the victims of the March 11, 2011, earthquake and tsunami at the national memorial service in Tokyo on Tuesday. Japan marked the third anniversary of the devastating earthquake and tsunami that left nearly 19,000 people dead or missing, turned communities into wasteland and triggered a nuclear crisis. FRANCK ROBICHON/POOL/THE ASSOCIATED PRESS

IMPORTANT NOTICE
MEET AND GREET

Join us in **Winnipeg** for the
Congress of Aboriginal Peoples'
National Grassroots Engagement Tour

Come meet
Betty Ann Lavallee
National Chief of the Congress of Aboriginal Peoples!
Share your views on issues that matter most
to Aboriginal Peoples living Off-Reserve

Thursday, March 13, 2014
6:30pm-9:30pm
Open question & Answer Period
Indian & Metis Friendship Centre of Winnipeg
45 Robinson St.

Everyone is welcome!

The Congress of Aboriginal Peoples represents the rights and interests of off-reserve Aboriginal Peoples in Canada.

National Chief Lavallee

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Shoppers Mall

Critch's corner

Newfoundland native Mark Critch believes negative perceptions of East Coasters are becoming a thing of the past. JEFF HARPER/METRO IN HALIFAX

It's outdated: 22 Minutes' Mark Critch on the East Coast typecast

Atlantic Canada is known for its funny folk.

From Rick Mercer to Cathy Jones, East Coast comics seem second-to-none in bringing Canadians to gales and guffaws.

But when it comes to the Atlantic Canadian stereotype, 22 Minutes veteran funnyman and St. John's, N.L., native Mark Critch gets serious.

Metro News caught up with the comedian in Halifax to hear his thoughts on pigeonholing Atlantic Canadians and whether the East Coast label is changing.

Describe a stereotypical Atlantic Canadian.
I guess a bit of a drinker. Working the system to get a cheque. Happy-go-lucky.

Are they/we crazy? Or is there some merit to these stereotypes?
I don't think so. Anyone who has met a farmer, fisherman or plant worker would know they are hard workers. Seasonal work doesn't mean lazy. Most people who depend on EI to supplement income work a lot harder and longer than the politicians who send out the EI PIs (Employment Insurance Private Investigators).

You're looking at a stereotypical Atlantic Canadian — what do you see?
The "Newfie joke" used to be the guy in the sou'wester, pipe in hand, nodding and winking. I think these days more people think of Rick Mercer or Rex Murphy or Danny Williams when they think of Newfoundland. It's outdated.

How do you think people elsewhere in the country think of you?
Everywhere I go I hear people talking about the job opportunities in oil and gas, the scenery, the music scene, etc. I think a lot of Canadians want to come here and are envious of a place that has such a healthy cultural identity.

It seems like most of the negative East Coast stereotypes come from East Coasters themselves — are we a self-deprecating bunch? Is it all in our heads?
I disagree. When East Coasters went to the big city to find work in the '50s, '60s and '70s, they were mocked and made fun of because they spoke differently. They weren't as "hip." One of the reasons we have so many comedians is that we quickly learned a sharp wit was handy in these situations. The new generation is proud of who they are and where they are from. And so they should be. I don't hear those jokes anymore when I travel. Used to be the first thing someone in Toronto would do was tell you a Newfie joke. Now they say, "I love Hey Rosetta."

GEORDON OMAND/FOR METRO IN HALIFAX

WHO IS AN EAST

Know the East Coast, from least to most. Drinking, smoking, living on lobster and welfare — is this how the rest of Canada sees the East?

RUTH DAVENPORT
Metro in Halifax

In a country the size of Canada, stereotypes are hard to avoid. They're a shortcut to identity, an easy way of distinguishing people in one place from another. British Columbians are left-wing pot-smoking radicals, Albertans are ultra-conservative cowboys and Ontarians believe they're the centre of the universe.

Then there's Atlantic Canada, to most Canadians the home of friendly, roughspun fisherfolk scratching out a living in quaint villages scattered across the lovely expanse of land between Montreal and the ocean.

"I find that they're often envious about when I talk about my visits home, going to the ocean, just the natural beauty and landscape of the Maritimes," said Windsor Junction, N.S., resident Sarah Harper, now living in London, Ont. "They have that postcard image of Peggy's Cove, and that's what the Maritimes is."

It sounds benign — better than being a cowboy, anyway — but experts say there's some unflattering baggage lurking behind that romanticized caricature.

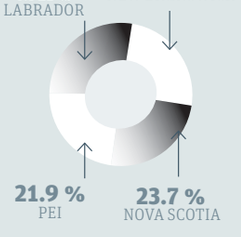
"Packaged in with the stereotype of the fisher is precarious employment, ruralness, hard living, underdevelopment," said Howard Ramos, a professor of sociology and Canadian studies at Halifax's Dalhousie University.

"Those are some of the same things that contribute to stereotypes around drinking, smoking, etc. And they also contribute to some of the reality."

Smoking rates

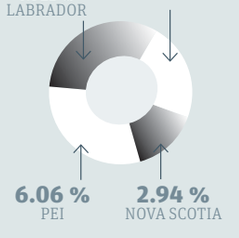
SOURCE: STATISTICS CANADA

(2012)
CANADA: 20.3 %



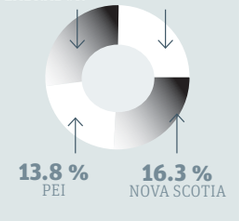
EI claims:

(AS PERCENTAGE OF POPULATION 2012)
CANADA: 1.48 %



Alcohol use

(EXCEEDING LOW-RISK DRINKING GUIDELINES, CHRONIC, 2011)
CANADA: 14.4%



Fact, fiction and the grey areas

Stereotypes are a blend of fact and distortions of fact: To wit, the fishing industry is Atlantic Canada's largest single private employer, but actual fishermen represent only a small percentage of the total population.

Most Atlantic Canadian stereotypes are rooted, in some form, in the region's post-Confederation history as "have not." Social indicators of poverty, such as smoking, alcohol abuse and obesity rates, are highest in the Atlantic provinces, reinforcing perceptions of the region as economically depressed — and insignificant.

"Even when the (groundfish) fishery closed, the rest of Canada didn't seem to have a visceral reaction," said Ramos, referring to the 1990s collapse of cod and groundfish stocks, which sustained the livelihoods of thousands of fishers and processing plant workers. "It was overshadowed by the Quebec referendum, the low Canadian dollar.… When you think that four provinces of the country were affected, that's a surprising lack of concern."

Perhaps the best-known example of an Atlantic Canada brush-off is Prime Minister Stephen Harper's observation in 2006 that the region suffered from a "culture of defeat."

"It's … taking a very complex set of circumstances, psychologically, culturally, attitudinally, and then making a relatively far-reaching stereotypic comment," said

Whose identity is it?

"There's a fair bit of this being the ball in our court.... Are we going to have our narrative authentically shaped by ourselves or are we going to have it foisted on us by someone else?"

Ray Ivany
Chair, Nova Scotia Commission, Building Our New Economy

Will the image of plaid-clad fisherfolk follow East Coasters for generations to come?
JEFF HARPER/METRO IN HALIFAX

COASTER?

Fascinating ignorance?

"I think there's a fascination with East Coast culture, the romanticization ... yet a failure to actually get even one step below that facade to get to know the names of our provinces, for example."

Megan Leslie
Halifax MP

Ray Ivany, president of Acadia University and chair of a panel that released a recent sweeping report on Nova Scotia's economic prospects.

Ivany spent 14 months in research and public consultation for the panel's report, and said Nova Scotians definitely suffer from some cultural "fault lines" — but shouldn't let those become the grounds for being overlooked.

"You'd never let somebody else, who barely knows you, declaratively make a statement that defined you," he said. "So why should we allow it as a province or a region?"

The interplay of politics and identity

Stereotypes make great punchlines, but they have real-world implications that are no laughing matter. Halifax MP Megan Leslie says she and her Atlantic counterparts tend to tread carefully around certain issues because of the possibility of reinforcing negative stereotypes.

"Sometimes we're shy about, well, do we really want to go out on this EI thing again," she said. "Because while it is an important issue for us in Atlantic Canada, maybe we are painting ourselves as the poor Atlantic cousins."

Ramos says basic fairness is another reason to confront stereotypes, noting Canada can't dismiss the Atlantic region as the poor cousin while benefiting from its workers and exports.

"If central Canada wants to eat the lobsters, and have the Christmas trees and have the offshore oil and the mineral resources in Labrador, it means this region has to have an infrastructure investment in it from central Canada as well," he said.

Changing the Atlantic Canada stereotype could also have a potential impact on the region's economic future. Ivany's report highlighted a need in Nova Scotia to change negative attitudes towards entrepreneurial success and outsiders to encourage and promote growth.

Although the deeply entrenched suspicion towards "come from aways" may be understandable, given a long history of being governed and managed by absentee and often exploitative entities, Ivany said it's time to start being more welcoming — not just "friendly" — to immigrants who come to Atlantic Canada in search of a home.

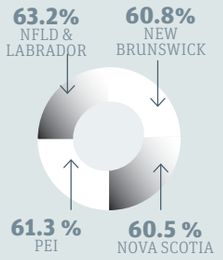
"The challenge now is to recognize that we've got to be much more welcoming, much more supportive of people from around the world who want to come here and frankly we need to be part of our province," he said.

Ultimately, Harper — the Windsor Junction resident living in Ontario — says Atlantic Canadians need to stop beating up on themselves.

"I don't want to say … there's a bit of an inferiority complex, but I really think there is," she said. "Have a little bit of pride that I think most of the rest of the country is pretty envious."

Body mass index

BODY MASS INDEX, OVERWEIGHT OR OBESE, SELF-REPORTED
CANADA: 52.5 %



Your turn

How would you describe an East Coaster?

We asked via social media. Here's what you said:

1) Honest & reliable appearance, laugh lines around eyes & mouth, normal teeth (not artificially white), wearing jeans and plaid.

A lot of happy old guys

2) Courteous, social and can't drive.

Proud Maritimer... salt of the earth. Our look is diverse.

3) Probably clinically depressed & unemployed

Definitely laid back... less stress here.

4) White, middle-aged, redneck, blue-collared, slightly overweight, uninformed, boring, no appreciation of the arts, alcoholic... ...full of complaints but no solutions, & completely out of touch with younger generations.

Easy going people, a little behind the times in fashion and trends

5) Friendliest people on the planet.

6) No young ones. They're all out west.

To watch a video of what people at the Halifax Stanfield International Airport had to say about this topic, visit metronews.ca/halifax

PHOTOS: 1: WANDERING MAGPIE /FLICKR, 2: LITHIA LIFE/FLICKR, 3: NITIBOB/FLICKR, 4: LIZ BEDDALL, 5: LIZ BEDDALL, 6: ASHRAFUL KADIR/FLICKR

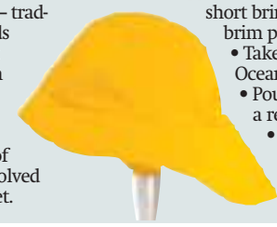
Wear it with pride

The sou'wester hat trick

There are few Canadian symbols more iconically East Coast than the sou'wester.

The collapsible rain hat — traditionally an oilskin — extends longer in the back to protect the neck from rain and often features a flipped-up front brim gutter for added rain protection.

But few might be aware of the process and protocol involved in donning the yellow bonnet.



Follow these four sacrosanct steps — endorsed by the apocryphal Angus Sou'Wester — and you too can wear the oilskin with East Coast pride:

- Place sou'wester on head, ensuring that the short brim faces the bow with the long brim pointing towards your stern.
- Take pure salt water from the Atlantic Ocean and anoint sou'wester with care.
- Pour one full ounce of black rum or a reasonable facsimile.
- Place left hand over heart and, facing the Atlantic Ocean, down rum in one gulp.

George Jetson had his flying car, Sergey Brin has his driverless car

Soon you'll have one too? With self-driving cars already being tested, officials are busy deciding on the new rules of the road

While he is clearly no George Jetson, Google co-founder Sergey Brin seems pleased after riding in a driverless car with California Gov. Jerry Brown, far left, and state Sen. Alex Padilla, second from left, to a bill signing for driverless cars at Google headquarters in Mountain View, Calif., in 2012. ERIC RISBERG/THE ASSOCIATED PRESS FILE

Sooner or later, consumers will be able to buy cars that rely on computers — not the owner — to do the driving.

With that in mind, the California Department of Motor Vehicles held an initial public hearing Tuesday as it puzzles through how to regulate the public's use of the technology that is still being tested.

Among the complex questions officials wanted to unravel:

How will the state know the cars are safe?

Does a driver even need to be behind the wheel?

Can manufacturers mine data from onboard computers to make product pitches based on where the car goes or set insurance rates on how it is driven?

Once the stuff of science fiction, driverless cars could be commercially available by decade's end. Before then, the DMV wants to decide how to integrate the cars — often called autonomous vehicles — onto public roads.

Three other states have passed driverless car laws, but those rules mostly focus on testing.

THE ASSOCIATED PRESS

Setting the standards

California's legislature passed a law in 2012 that mandated rules on testing and public operation, and the DMV expects within weeks to finalize regulations dictating what companies must do to test the technology on public roads.

- Those rules came after Google Inc. already had sent its fleet of Priuses and Lexuses, fitted with an array of sensors including radar and lasers, hundreds of thousands of miles in California.

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20-year fight

Raw milk activist plows ahead after court loss

A farmer who has spent two decades fighting for the right to sell unpasteurized milk to willing buyers pledged to take his case to the country's highest court Tuesday after losing an appeal against his conviction for breaking public health laws.

Speaking minutes after the Ontario Court of Appeal ruling, an unbowed Michael Schmidt said he would continue with his milk operation and legal battle.

THE CANADIAN PRESS

Market Minute

DOLLAR 90.07¢ (-0.01¢)

TSX 14,267.23 (-34.83)

OIL $100.03 US (-$1.09)

GOLD $1,346.70 US (+$5.20)

Natural gas: $4.59 US (-$0.07)
Dow Jones: 16,351.25 (-67.43)

Take that, polar vortex. Top U.S. airlines flying high despite rough winter

U.S. airlines are still tallying up the damage from this winter's storms, but solid demand for travel means they are likely to weather the rocky start to 2014 in good shape.

Reports from some of the airlines point to higher average prices, and executives say spring bookings look strong.

This has been the worst winter for flight cancellations since the government started keeping track more than 25 years ago. The top four airline companies by miles flown — American, which includes US Airways; United; Delta; and Southwest — have cancelled nearly 75,000 flights this year. Snow and ice storms have fouled schedules at big airports in Chicago, Atlanta, the New York City area and elsewhere.

Since Jan. 1, Delta Air Lines Inc. has cancelled 17,000 flights. In weaker times for the industry, that might have been devastating, said Ed Bastian, the airline's president. Those cancellations will cut revenue by $90 million US and pretax earnings by $55 million US, but Delta still expects to post a record profit for the first quarter, usually the weakest season for airlines, he said.

THE ASSOCIATED PRESS

While airlines raked in the profits, many travellers were stuck waiting after flights were cancelled due to the weather this winter. THE ASSOCIATED PRESS FILE

MUSTN'T FORGET THAT UFO INVASION

JUST SAYIN'

Paul Sullivan
metronews.ca

With all the talk about the zombie apocalypse these days, you don't hear much about UFOs. It's as if they've just vanished from the sky.

Well, you'll be pleased to hear that's not the case.

In fact, here in Canada, the number of UFO sightings has never been higher. They haven't gone away. It's just that nobody cares anymore. We have zombies — and a few leftover sparkling vampires — to worry about.

Despite the shift in phantom phashion, Chris Rutkowski, chief researcher at Ufology Research (formerly Ufology Research of Manitoba, in case you were wondering) keeps grinding out the annual UFO survey.

As you might expect, 2012, the year of the Mayan apocalypse that didn't happen (it's hard keeping all these apocalypses straight), was a record year for UFO sightings. For some reason the Maya, who are Mesoamerican indigenous persons, and UFOs, piloted by Romulan indigenous persons, are often linked.

Anyway, there were 1,981 sightings in 2012, but 2013 was no slouch for sightings either, according to the latest report, fresh from the twilight zone. There were 1,180 UFO sightings reported in Canada in 2013, about three a day.

A triumphant note has a tendency to creep into Rutkowski's otherwise commendable attempt to stay on an even keel. "UFOs have not gone away. This data clearly contradicts comments by those who would assert that UFOs are a 'passing fad' or that UFO sightings are decreasing."

That "passing fad" guy? That would be me.

To his credit, Rutkowski keeps an open mind about what people are seeing. Most cases are, um, nocturnal lights (631). But daylight discs are creeping up (145). You'll also be pleased to know that there are still a few good-old-fashioned close encounters of a third kind, in which actual Romulans are encountered (the more scientifically rigorous Rutkowski calls them "entities"). There are even three close encounters of a *fourth* kind, "an alleged 'abduction' or 'contact' experience." I'll bet.

Most intriguing, a full 14 per cent of all 2013 UFO reports are classified as unexplained. The truth may or may not be out there.

Rutkowski is ready to concede that a failure to recognize conventional or natural objects may be the underlying reason for some of these sightings, but he doesn't rule out the possibility that more secret or classified military exercises are underway — or maybe there's just an increase in Amazon drone test flights.

On the other hand, maybe more nutbars (my word) with an inclination to share have access to the Internet. My favourite possible reason: The downturn in the economy is "leading to an increased desire by some people to look skyward for assistance."

Cosmic panhandling. It's a growing problem.

ZOOM

Left to nature, in plane view

ALEX MACLEAN/BEETLES + HUXLEY

Humanity's mark seen from the air

A "bone yard" of B-52 bombers in Tucson, Ariz. Man's impact on the natural world is revealed in a new exhibit by photographer Alex MacLean. Taken above the earth from a plane, the pictures offer a thought-provoking perspective on human intervention.

MacLean's work is being shown at the U.K.'s Beetles + Huxley gallery until March 29.

MWN

Photog's viewpoint

"I try to make my pictures beautiful, but also to get the audience to appreciate the underlying substance of my projects such as globalization and climate change."

Alex MacLean, 67

Patterns sketch out culture and people

An architect by training, MacLean sees orderly yet artistic patterns created by humans from his almost godlike perspective: "The arrangement of man-made objects and markings tell so much about culture and people living on the land. With the distance of the aerial perspective, it's as if you are looking at a perfect model of basic organizational principles." MWN

This colourful image of shipping containers in Portsmouth, Va., is sombre in tone: "It's a perfect metaphor for my concerns about globalization," says MacLean.

ALEX MACLEAN/BEETLES + HUXLEY

Clickbait

LUKE SIMCOE
Metro Online

On March 12, 1989, Tim Berners-Lee presented a paper at the CERN lab in Switzerland, outlining his vision for sharing files between computers. Twenty-five years later, that vision is now woven into our everyday lives in the form of the World Wide Web. So, on the occasion of the web's 25th birthday, here are a few ways to celebrate.

The Internet Archive (archive.org/web):

Known as the WayBack Machine, this archive of more than 398 billion web pages offers you a sizable glimpse into the web's past. It's kind of like looking at the web's baby photos.

GETTY IMAGES

The first website:

Although Berners-Lee had conceived of the web back in 1989, it took him until 1993 to launch the first website. It's still online, and available at info.cern.ch.

The gift of cash:

Berners-Lee could have gotten rich by patenting the technology behind the web, but instead chose to give it to the world as a free resource. So today, why not donate to some of the organizations fighting to keep the web free and open, like OpenMedia.ca or the Electronic Frontier Foundation (eff.org).

Twitter

@metropicks asked: Snowden says NSA is "setting fire to the future of the Internet." Have his leaks affected your web use?

@Zaedum: knowing that countries are using my information without my permission has made me more wary to what I do and which apps I use.

@speirsr: Snowden's leaks have verified what I have suspected about myself. My metadata profile: Subject has no life.

Follow @metropicks and take part in our daily poll.

Comments

RE: Surly Pet Cat Traps U.S. Couple, Who Call 911, published March 11

So the cat has a history of violence and they are keeping it despite it scratching a 7 month old baby's face. Just another example of idiots choosing animals over people. **freebird posted to metronews.ca**

They didn't have a quilt to throw on it? **Maple Syrup posted to metronews.ca**

Pissed off cat, I can believe. Gunless Americans???? That's a tough one to swallow. **MP posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

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Another case of hotel as grand old backdrop of frolic and folly

Lobby for fun. Wes Anderson latest director to resort to hotel as centre of action

IN FOCUS
Richard Crouse
scene@metronews.ca

Ralph Fiennes stars as a concierge in Wes Anderson's The Grand Budapest Hotel. CONTRIBUTED

"Grand Hotel... always the same. People come, people go. Nothing ever happens."

That famous line from the Greta Garbo film Grand Hotel is only half right. Hundreds of movies have used hotels as a backdrop for the action because people come, people go, but despite the quote's assertion, there's always something happening.

This weekend's The Grand Budapest Hotel is a case in point. Starring Ralph Fiennes as a concierge at a European hotel between the world wars, it features an all-star cast, including Bill Murray, Owen Wilson, Harvey Keitel and Edward Norton. They are all part of the fabric of the hotel's history, which includes assassins, murder, riches and a mysterious painting.

Hollywood has always recognized that the transient nature of hotels makes for great drama.

New York City's Plaza Hotel has played host to many famous movie scenes. Everything from Barefoot in the Park to Funny Girl to The Great Gatsby has used the iconic hotel as a backdrop, but it is probably best known as a location for North by Northwest. In the Alfred Hitchcock film, Roger O. Thornhill (Cary Grant) is mistaken for a government agent and kidnapped from the ornate lobby.

The opening shot of Goldfinger features a stunning aerial view of Miami's Fontainebleau Hotel, which at the time was the most luxurious guesthouse on Miami Beach. Later in the film, Bond girl Jill Masterson (Shirley Eaton) dies of skin asphyxiation inside the hotel after henchman Oddjob (Harold Sakata) coats her whole body in gold paint.

In the 1920s the Hotel del Coronado was a famous weekend getaway for Hollywood stars like Mae West, Charlie Chaplin, Clark Gable and Errol Flynn, but the Victorian wooden beach resort found fame as the setting for several scenes in Some Like It Hot. Located on San Diego Bay across from San Diego, the beachfront location was the scene of one of the film's most famous lines. When Jerry (Jack Lemmon) first spies Sugar Kane (Marilyn Monroe) sashaying through the sand, he says, "Look how she moves! It's like Jell-O on springs."

Stephen King was inspired to write The Shining after staying at the 140-room Stanley Hotel in Colorado. "I think a lot of things happened right here in this particular hotel over the years," says Dick Hallorann (Scatman Crothers) in the film version. "And not all of 'em was good."

The Stanley has been used as a location for Dumb and Dumber and other films, but Stanley Kubrick chose not to showcase the place in his 1980 adaptation of the novel. Instead, much to King's disappointment, he used Oregon's Timberline Lodge as a stand-in for the film's fictional Overlook Hotel.

True Detective demand crashes HBO Go

Woody Harrelson, left, and Matthew McConaughey in HBO's True Detective. JIM BRIDGES/HBO/THE ASSOCIATED PRESS

If you're one of those who have no idea how True Detective ended Sunday night — whether or not Matthew McConaughey and Woody Harrelson located the Yellow King — you're not alone. Last night so many people were trying to log onto the on-demand service HBO Go that the site crashed. Left with nothing to fill their life with, they were forced to mobilize the old fashioned way: By complaining on Twitter and hoping some journo screengrabs them.

Does this mean a seismic shift in HBO Go's rules? Currently they're shockingly lax, given that they're a major conglomerate who can do a show with a famous actor destined for his first Oscar. If you have an HBO Go subscription, you can share it with up to five others, and their usage will not interfere with your own. Predictably, many have done just that, and the no doubt many duplicate accounts no doubt led to a serious clog.

But don't freak and order your own pricy HBO subscription. No less than HBO CEO Richard Plepler has said as recently as January that he's cool with the code sharing. "It's not that we aren't unmindful of it, but it has no real effect on our business," he crowed during a BuzzFeed event. He looks at it as marketing, allowing the content to spread more easily. After all, to get HBO Go you have to become an HBO subscriber. Of course, at this point, how many of you are still cable subscribers?

MATT PRIGGE/METRO WORLD NEWS

The Husband a triangle with an edge

Interview. Dark story is about reclaiming masculinity, director Bruce McDonald says

RICHARD CROUSE
scene@metronews.ca

Maxwell McCabe-Lokos stars as Henry in Bruce McDonald's The Husband. THE CANADIAN PRESS

The Husband begins with a premise we've all heard before, a romantic triangle. There's a husband, a wife and a lover but, as director Bruce McDonald points out, "in this case the lover is fourteen years old and the wife is in jail."

The movie is a dark dramedy about Henry, (Maxwell McCabe-Lokos, who also co-wrote the script), struggling to deal with the shame he feels when his wife is jailed for having an affair with a minor.

"The script really tries to understand what the male goes through in this crazy situation," says McDonald. "It's about regaining your mojo, about reclaiming your masculinity and power and it was written as a suspense story. There was this 'What's this guy going to do' thing all the way along. It was set up as a revenge movie. We meet our character and he is going through his day-to-day and one day, on the street, he sees the kid. The kid that did the deed. That sets off the movie, so it's this cat and mouse game throughout the whole movie. I just loved the way it was constructed and the suspense of it. What is our character Henry going to do when he finally confronts the kid?

"He begins to do irrational things. First he's trying to befriend this kid and get on his good side. To do what? And then other elements come into play where he is preparing something that you might think is a violent end to this confrontation. Henry is a mysterious and enigmatic character looking for some kind of closure on being the humiliated, cuckold husband."

The edgy film premiered at the Toronto International Film Festival in 2013. McDonald admits to being "very surprised at the reaction."

"People were very taken with this movie," he says. "They went in deep. I think they loved the oddness and the suspense of the story. They loved the situation and I think they loved how authentic and true it seemed to be in terms of the performances by Maxwell and Sarah Allen.

"Usually at the festival there's two or three screenings. In this case the screening venues kept getting bigger and bigger which is always a bit frightening because the first screening is usually well attended and by the third you're not quite sure what's going to happen but our third screening was packed to the rafters."

The double shame of a wife's affair

"In this case the lover is fourteen years old and the wife is in jail."

Director Bruce McDonald describes the situation at the heart of The Husband

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Keith Richards

Sex, drugs and children's literature

Keith Richards is writing a children's book. He really is.

The Rolling Stone who came to define the adults-only lifestyle of rock has a deal with Little, Brown Books for Young Readers for a picture story called Gus & Me: The Story of My Granddad and My First Guitar.

The publisher announced Tuesday that the book will come out this fall and will include illustrations by Richards' daughter, Theodora Richards. Barnaby Harris and Bill Shapiro are assisting with the writing.

Gus is Gus Dupree, Keith Richards' beloved musician-grandfather. In a statement issued by the publisher, Richards said the book was based on "one of those magical moments" he had with Dupree. Richards, 70, has five grandchildren of his own. His memoir Life was published in 2010.

THE ASSOCIATED PRESS

Amanda Bynes denies secret Twitter account

Amanda Bynes has been behaving herself since returning to Twitter earlier this month — officially, at least.

According to In Touch, the troubled former child star has been using a secret second Twitter account to be her old self again, mocking familiar targets like Rihanna and Courtney Love and obsessing over her dog and going to the gym under the pseudonym Ashley Barks. "If this isn't Amanda Bynes' private Twitter account, then someone is doing a very good job of impersonating her," a social media expert tells the magazine.

But Bynes herself says the story is bogus, taking to her official Twitter account to write, "FYI This is my only twitter account, I have no secret twitter accounts."

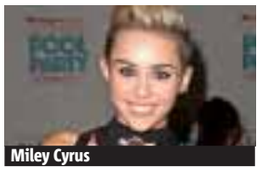
Amanda Bynes ALL PHOTOS GETTY IMAGES

Mamma Mia! Miley eyes getaway in Clooney's hood

George Clooney's hideaway in Lake Como, Italy, might not be such a peaceful retreat if Miley Cyrus goes through with her reported plan to purchase a home near the Monuments Men star.

"Miley is seriously talking about purchasing a home on Lake Como," a source tells Radar Online.

Apparently the search is part of her efforts to maintain the control over her fortune.


Miley Cyrus

"She's going to buy the biggest and most expensive houses she can in part to keep the money away from her parents," the source says.

Twitter

@justinbieber
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@pattonoswalt
I mean, there's a goddamned JUMBO JET that's MISSING. I'm trying to be calm, but this is @StephenKing LANGOLIERS s—. Steve?

@prattprattpratt
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The Word

Captain America sick of partying — except with his fellow superheroes

Captain America star Chris Evans is looking to settle down and put the partying to rest, according to Glamour U.K.

"In your 20s you think, 'How will I ever not like going out?' You have drinks, buddies, music — great," Evans tells the magazine. "But in the last two or three years, I go to a club and I kind of wish I was home. My idea of a good time has evolved a bit, so a night out with me might not be as exciting as it might have been a couple of years ago."

He does make an exception, though for his Avengers co-stars, including Robert Downey Jr., Mark Ruffalo, Scarlett Johansson and Chris Hemsworth.

"It's different with those guys," he says. "You're like, 'Come on, guys, this is great! This isn't going to last forever and this is a really fun group of people doing a really fun thing. Let's go get drunk!' I try to be the motivating force. Everyone's married and has kids and s— like that, so I'm still the one single guy going, 'Come on, shots!'"

Perfect pubs for Paddy's Day

Raise your pint glass. It can be tough to find an authentic Irish watering hole on this side of the Atlantic; here are five suggestions

STEVE GOW
life@metronews.ca

The Irish Heather in Vancouver is modelled after modern Irish gastropubs. IRISH HEATHER

There's no shortage of bars across the country claiming to be Irish, but only a precious few can say their roots are tied to the Emerald Isle. If you're particular about celebrating St. Patrick's Day in true Irish tradition, here are five of Canada's most authentic pubs.

Durty Nelly's (Halifax)
Named after a famous Irish landmark, Durty Nelly's is credible enough to boast that its interior was actually designed and constructed in Dublin before crossing the Atlantic to be rebuilt in downtown Halifax. Toss in seafood chowder that has even been praised by the L.A. Times and this pub is certainly worth its Celtic salt.

Irish Specialties: Guinness Lamb Shank ($19), Seafood Chowder ($12.50)

P.J. O'Brien (Toronto)
Opened by well-known Cloone-born businessman Pat Quinn, P.J. O'Brien features a classic copper-topped bar, authentic Irish cuisine, white-jacketed bartenders and plenty of hospitality. Although the always-friendly proprietor passed away in 2009, his gregarious legacy lives on through his son. Don't be surprised if Pat Quinn Jr. even comes over and buys you a round.

Irish Specialties: Beef and Guinness Stew ($15), Kilkenny Ale Fish & Chips ($15)

O'Hanlon's (Regina)
Surprisingly, the reigning champ for selling the most Guinness pints in Canada is located in Regina. Run by Limerick native Niall O'Hanlon, the eponymous pub sold 61 kegs of the popular stout last St. Patrick's Day and aims to defend the title. O'Hanlon's is primarily an alehouse, but attracts a diverse clientele.

Irish Specialties: Corned Beef and Cabbage ($15), Shepherd's Pie ($14)

James Joyce (Calgary)
Located amongst Calgary's skyscraper-lined downtown, James Joyce was opened by Irish immigrants Anne and Gerard Curran to bring Gaelic ambience to the Stampede City. Highlighted by traditional Celtic music and decorated with scores of artifacts and heirlooms ranging from schoolbooks to a penny-farthing bicycle, this dark, inviting pub will make you feel like you've been transplanted to the middle of the Emerald Isle.

Irish Specialties: Irish Potato Boxty ($13), Ballycastle Bacon Bites ($11)

Irish Heather (Vancouver)
For a slightly bit more contemporary "craic" experience, Irish Heather in Vancouver's historic Gastown district models itself on modern Irish gastropubs, but its still the perfect pub to soak up Celtic spirit with a Guinness in hand. In the popular backroom distillery, devotees can test out Vancouver's biggest selection of whiskeys.

Irish Specialties: Bangers & Mash ($17), Lamb Shepherd's Pie ($18)

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ON THE MOVE
Loren Christie
life@metronews.ca

Glass charms Greece and Turkey

The evil eye refers to bad energy transmitted by a person who has negative and covetous thoughts. Victims, from humans to horses, are said to suffer from headaches, nausea or impotence. While locals believe the blessings from church officials or remedies administered from a learned elder can cure them, interlopers may find the purchase of a preventative charm to be their safest bet. Found almost everywhere around the Aegean Sea, eyes painted on blue glass reflect the power of the evil eye back on itself.

Dream catcher, Arizona

The legend of the dream catcher is woven into the oral histories and traditions of many native cultures in North America. Its principal purpose is to filter bad dreams, ensnaring the bad ones and directing the good ones to a person's subconscious. In addition to a getting a good night's sleep, owners are believed to be blessed with improved health.

Voodoo doll, New Orleans

In the mid 1700s, voodoo rapidly spread in New Orleans as the mystical religion overlaid its symbols and deities with those of Christianity. Drawing on their European masters' traditional use of effigies, slave practitioners created the voodoo doll. Whether the energy surrounding them is good or bad depends on the intent of their creators and owners. Pick up a white voodoo doll, which is aimed at transferring positive energy and good luck from one person to another.

Eyes painted on blue glass can ward off negative energy from the evil eye. These are found almost anywhere around the Aegean Sea. ISTOCK

Corno, Italy

The phallic shape of a corno has been a symbol of fertility, fortune and power since Roman times. Like the point of a sword fending off a foe in battle, its tip is said to protect owners against harm. To harness its' protective power pick up a gold or coral charm, or perhaps a T-shirt with a corno emblazoned on it.

Lava rocks, Hawaii

Some mementoes are better left behind! According to legend, Hawaii's goddess of volcanos doesn't take too kindly to those who cart pieces of lava rock, coral or even sand off the islands that she's believed to have created. The best way to avoid her curse? Stick to taking photographs of the landscape.

Dream catchers are part of the traditions of many North American native cultures. Their main purpose is to filter bad dreams. ISTOCK

Bucket list

Cue the classics

Sundance, Cannes — who cares? It's not too late to sign up for the TCM Classic Film Festival April 10 to 13 — because you know you've always wanted to. This fifth annual event will see hosts Robert Osborne and Ben Mankiewicz (and you!) rubbing shoulders with legendary stars in and around the Hollywood Roosevelt Hotel, the site of the first Academy Awards ceremony. Film buffs from around the world will congregate to help TCM celebrate its 20th anniversary with red-carpet galas, special movie screenings, the Vanity Fair opening night party and more. The list of special guests includes Kim Novak, Mel Brooks (above), Shirley Jones and more. Passes start at $250 US and run to $1,600. Go to filmfestival.tcm.com. DOUG WALLACE/METRO

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Pack in more of Cuba on an island cruise

The drive to Trinidad is peppered with sugar cane plantations and farming communities. PHOTOS: ANDREW DOBSON

All aboard! Cuba Cruise is offering tourists a different way to see the island

ANDREW JOHN VIRTUE DOBSON
dobbernationloves.com

Just over a year ago, Cuba Cruise launched its inaugural seven-day circumnavigation sailing, revolutionizing the way tourists experience Castro Country. Guests aboard the Louis Cristal are offered a chance to experience a Cuba rarely seen with stops in Havana, Holguin, Cienfuegos/Trinidad, Santiago and Punta Frances on the Isle of Youth.

Though life on board features the razzle dazzle of nightly entertainment, mojito sloshed al fresco bars, petite casino and relaxing spa, it's each port of call's excursion offerings led by friendly local guides that make a lasting impression. While each destination offers its own unique itinerary, make sure to enjoy these four not-to-be-missed jaunts as you sail away into the Caribbean Sea:

No trip to Havana is complete without a visit to The Tropicana, Cuba's most famous cabaret, designed similarly to the extravaganzas of Las Vegas and the famous Lido in Paris back in the 1950s.

Every night over 200 dancers and singers appear on stage accompanied by a live orchestra while tipsy tourists sip on Havana Club under the stars.

Catch a cabaret show at The Tropicana in Havana.

On October 27, 1492, Christopher Columbus landed in the province of Holguin located on Cuba's northeastern coast.

The explorer famously declared "it is the most beautiful land ever seen by human eyes."

Today a visit to Parque Monumento Nacional Bariay offers guests an opportunity to remember this historic spot. Thatched roof huts set the scene for a performance where locals dressed as an early indigenous tribe re-enact a scene from the past.

Located eight kilometres south of Santiago, El Morro Fortress stands poised on the high cliffs that flank the entrance to the Bahia de Santiago de Cuba.

Designed by an Italian military engineer and named after Santiago's then-governor, it was built between 1633 and 1639 to ward off pirates.

The splendor here is the structure's magnificent scale, its sheer cliff-edge and jaw dropping views of the Caribbean Sea.

From the port of Cienfuegos, enjoy a 90 minute drive through sugar cane plantations and rural farming communities before arriving in Trinidad, a UNESCO World Heritage Site. Tourists stroll through its cobbled, traffic-free colonial district, which is recognized as the best preserved in the country.

If you go...

Cruisers can embark from Havana, Cuba, (Monday) or Montego Bay, Jamaica, (Friday). Departures for the 2014/2015 season now available at yourcubacruise.com or by calling 1-855-364-4999.

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Dismiss the disaster at your desk

Address that mess. Creating a comfortable, functional, interesting workspace will keep you well-organized, and help you get more done

SHAHEERAH KAYANI
TalentEgg.ca

Do you have a messy desk? Are you missing important items, and suspect they're somewhere in the stacks of paper that have mysteriously accumulated?

Perhaps you're also unhappy with the boring office walls surrounding you, or the lack of storage space.

These things matter, because having an unorganized office space can make you less interested in your work. So break out that office dust buster and get tidying.

If you set aside a few minutes every day to give your office space a quick once-over, you'll avoid the burden of business build-up. ISTOCK

De-clutter

Get rid of whatever you no longer actually use or need, because those things are only taking up space that could be better put to use.

You will likely find that you have old items lying around that you don't even remember acquiring. Items that you don't use on a daily basis can be stored in drawers or cupboards to help de-clutter your desk.

Avoid having duplicates of anything that could more conveniently be stored on your computer. Keep a recycling bin under your desk to easily discard useless extra paper copies that can later be used as scrap paper. A cool trick is to snap a quick picture of your office space to better identify clutter areas and redesign your working space.

Set a routine

Having a daily routine can help you get regular tasks out of the way before they accumulate each morning. This lets you get to work on other things — meaning you won't have multiple projects on the go at once.

Establish a morning routine that includes answering all your emails and calls and checking your to-do list. Once this is out of the way, you'll be better prepared for the rest of your working day and have fewer interruptions.

Try and restrict your workspace to having one or two projects on the go, at most.

Get organized

Less is rarely more when it comes to getting organized. There's a whole world of storage units and items (big and small) out there. Grab a measuring tape and start searching. Sticking to a budget? You can always adapt common items to help you cut clutter.

Make sure you have plenty of good and easy-to-use storage items such as cups for pens, storage bins and an alphabetical filing system. If needed, install some new shelves to make good use of wall space.

Let's get personal

Invest in some decor to bring a little character to your office space.

- You can also decorate your place with photos of family or loved ones or even a recent company event that will help keep you motivated.
- Don't have any pictures handy? A great and simple idea is to hang your favourite inspirational quote on the wall.

Save time for clean-up

Before you leave the office, ensure that you give yourself five to 10 minutes to sort things out and do a little tidying. Start with the digital stuff: clean up your inbox, file everything, update your to-do list and schedule reminders.

Then turn your attention to the workspace itself. Put away completed projects and organize ongoing ones so you'll be able to pick up where you left off. If your workplace has a clean desk policy, allocate drawer or storage space to store incomplete tasks so you don't lose track of what you were doing. Lastly, make sure all small objects and tools are put away.

The next work morning will be much easier when you have a clean clutter-free space to work with.

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- Ability to problem solve and make decisions in a dynamic, ever-changing environment
- A passion for creativity; an entrepreneurial spirit
- Proficient in Microsoft Office applications

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than March 22nd.

PLEASE QUOTE: "Sales Manager - Winnipeg" in the Subject Line. All submissions will be treated as confidential.

metro

Work without walls? It's a remote possibility

Out with the office.
If you're going to be on the go with your work flow, make sure the boss knows you're still on the ball

DAN SCHAWBEL
Metro World News

If you aren't a remote worker right now, chances are you could be in the future. A new study by the work lifestyle company Flex+Strategy Group and Quest Diagnostics found that 31 per cent of full-time employees in the U.S. (about eight million people) do most of their work from a location other than their employer's site. Though many workers romanticize about working from home, it's much harder than it seems.

I spent four years working remotely and ended up renting office space because my situation was getting in the way of real human interaction. They don't teach you in college how to work remotely or manage remote workers, but it's an important skill in the 21st century. I spoke with Cali Williams Yost, founder of Flex+Strategy Group, to get her tips for remote workers.

Show that mug!

Face-time is still the best way to build relationships with the people you work with.

- "Make it a point to go into your employer's workplace regularly," says Yost. Nothing will replace in-person visits where people can get to know you on a personal level.

Know your boundaries

When you aren't working in an office, it's hard to balance your work and life because you aren't clocked in. It's up to you to set time aside to do personal things that matter to you.

With technologies like Skype, Basecamp and Google Apps, it no longer matters where and when you do work — only that you get results that benefit your company. ISTOCK

"Make it part of your routine to sit down for 20 minutes each week and review what you need to get done and want to get done on the job, with your career and in your personal life," Yost recommends.

Identify actions and priorities

As a remote worker, you need to take the initiative to manage yourself instead of relying on your boss to do it for you.

"Identify the small, meaningful actions and priorities that will help you be your best, at work and in your personal life, for the next seven days, whether it's completing an important project, getting enough sleep or eating healthy meals," Yost suggests.

Give regular status updates

One of the biggest concerns managers have with remote workers is that they might be distracted.

Your manager will trust you if you make sure he or she is aware that you are constantly doing work and exceeding expectations. "Every week send your manager a quick 'highlights' list of accomplishments," says Yost.

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An egg wrap for dinner? All the cool foodies are doing it!

Greek Style Couscous and Egg Wrap. Gone are the days when eggs were just a breakfast staple. Here, they star in a 15-minute dinner

DINNER EXPRESS
Emily Richards
food@metronews.ca

This recipe serves four. CONTRIBUTED

Ingredients

- 1/2 cup (125 ml) whole wheat couscous
- 1 clove garlic, minced
- 1/2 tsp (2 ml) dried thyme leaves or Italian herb seasoning
- 3/4 cup (175 ml) sodium reduced vegetable or chicken broth
- 1/4 cup (60 ml) each grated carrot and zucchini or diced bell pepper
- 3 hard cooked eggs, peeled
- 1/3 cup (75 ml) 0% fat plain Greek yogurt
- 1/2 cup (125 ml) quartered grape tomatoes or chopped tomatoes
- 1/4 cup (60 ml) crumbled light feta cheese
- 3 tbsp (45 ml) chopped fresh basil or parsley
- 1/4 tsp (1 ml) fresh ground pepper
- 4 small whole wheat flour tortillas

This is an easy light dinner or make ahead lunch for the family.

Using hard cooked eggs in sandwiches adds protein and a creamy texture to this filling. For a flavour twist, switch up your cheese and try goat cheese or ricotta instead of the feta.

1. Place couscous in a bowl with garlic and thyme. Bring broth to a boil and pour over couscous. Stir in carrot and zucchini; cover and let stand for 5 minutes.

2. Meanwhile, in another bowl, mash eggs with a fork and stir in yogurt, tomatoes, feta, basil and pepper. Add couscous mixture and stir to combine.

3. Divide among the tortillas and roll up to enjoy. FOR MORE OF EMILY RICHARDS' RECIPES THAT ARE PERFECT FOR DINNER AND MORE, BE SURE TO CHECK OUT HEALTHYCANADIANS.GC.CA

FLASH FOOD

From your fridge to your table in 30 minutes or less

Cooking tips

- Out of broth? Use water instead. This will also help cut down on the sodium.
- Make wraps the night before. Cover tightly with plastic wrap. Keep in the fridge and grab one as you head out the door.
- Turn this recipe into a salad by baking the tortilla on a turned over ovenproof bowl in a 400 F (200 C) oven for about 5 minutes or until golden. Let cool slightly then fill with couscous mixture.
- No-fail way to make hard cooked eggs: Place eggs in a single layer in saucepan and cover 2.5 cm (1 inch) above eggs with water. Cover and bring to a boil over high heat. Remove from heat and let stand 25 minutes. Drain water and run cold water over eggs to chill

This Cashew Berry French Toast recipe serves two. THE CANADIAN PRESS

French toast goes grainy

1. In a blender, combine cashews, water, almond milk, vanilla, cinnamon, nutmeg and salt. Blend until smooth. Transfer to a bowl.

2. Heat griddle to medium. Brush with coconut oil.

3. Dip both sides of bread in cashew mixture. Cook on each side until golden brown.

4. Top with coconut cream, fresh berries and maple syrup. THE CANADIAN PRESS/THRIVE ENERGY COOKBOOK: 150 FUNCTIONAL, PLANT-BASED WHOLE FOOD RECIPES BY BRENDAN BRAZIER (PENGUIN CANADA, 2014).

Ingredients

- 125 ml (1/2 cup) raw cashews
- 250 ml (1 cup) water
- 250 ml (1 cup) unsweetened almond milk
- 5 ml (1 tsp) pure vanilla extract
- 0.5 ml (1/8 tsp) cinnamon
- 0.5 ml (1/8 tsp) ground nutmeg
- Pinch sea salt
- 30 ml (2 tbsp) virgin coconut oil
- 4 slices sprouted bread
- 35 ml (2 heaping tbsp) coconut cream
- 50 ml (1/4 cup) fresh raspberries
- 50 ml (1/4 cup) fresh blueberries
- 3 or 4 fresh strawberries, cut in half
- 30 ml (2 tbsp) maple syrup

HELPING OTHERS IS JUST A CLICK AWAY

The gift of giving — now that's money well spent.

Picture this scenario. You have been invited to a birthday party or retirement party for somebody who has just about everything they could ever want. Sure, you can opt for a joke gift, but most of those really aren't that funny. The result? Money poorly spent.

If you are looking for a great gift idea for the person who has everything (and then some), why not consider a gift for charity in their name. You can choose a cause that's close to someone's heart or a charitable organization that echoes the birthday gal or guy's values.

Charitable gift giving in Canada has never been easier, especially if you are comfortable going online. Here are just a few sites worth visiting.

CANADAHELPS.ORG: A ONE-STOP SHOP FOR DONATING

Through CanadaHelps.org, anyone can donate online to a choice of more than 80,000 registered Canadian charities. You can browse by charity or by category (e.g., social services, arts and culture, animals, international). Purchase gift cards online at canadahelps.org/GiftCards.

ECHOAGE: IT'S NEVER TOO EARLY TO LEARN ABOUT GIVING

Imagine an online birthday party service where kids get the gifts they want and give to a charity. That's ECHOage. Guests are invited to contribute online and funds are split in two — half for the child and half for the charity. The site offers free online invitations, a contribution tracker, RSVP manager, and thank you notes.

WWF.CA: FOR THE LOVE OF ANIMALS

The WWF's Gifts for a Living Planet help save wildlife and wild places around the world by fighting habitat destruction, unsustainable wildlife trade and climate change. Some of these unique gifts include: Keep a blue shark off the hook; put some ice in the Arctic landscape; and help a polar bear keep cool.

With so many worthy charities out there, we often forget to look at our own community. If you are thinking about spending your charity dollars closer to home, check out local charities at winnipegkiosk.ca.

WAVEBREAKMEDIA/SHUTTERSTOCK

CONTRIBUTED

YOU CAN BECOME A BEACON OF LIGHT

WITH SHINE DENTAL

Over the past six years, Shine Dental has brought 15 groups of volunteers from all over Canada to the Dominican Republic. There is no restriction on who can volunteer — it is open to whomever hears the call to change the lives of others, as well as their own.

There are three teams that provide dental, medical, and constructional clinics and services on the trips.

Dr. Brent Wong and his dental team provide a free dental clinic that includes fillings, extractions, cleanings, dentures and even place dental implants.

The medical teams consist of doctors, nurses, and pharmacists who co-ordinate with local doctors to provide care to the outlying villages where they are needed most.

The construction team financially provides the materials and works alongside local workers, building replacement homes for those that have been damaged from storms and deteriorated over time.

In addition, the Shine team also engages in a food program. The entire Shine The Light team also brings clothing and goods to donate to those in need.

If you want to know more about Shine The Light initiative, visit shinethelight.ca/about, or email info@shinethelight.ca and learn how you can become a beacon of light.

PAVEL L PHOTO AND VIDEO/SHUTTERSTOCK

DANCE THE NIGHT AWAY FOR ALS

Get out your party dress and put on your dancing shoes because this year's Cornflower Gala Dinner is sure to be the memorable.

Join emcee Hal Anderson of the CJOB 680 morning show April 12 for the ALS Society of Manitoba's annual gala.

This fundraising dinner promises fine dining, live music by the Luke and Murray Two Man Band, dancing, live and silent auctions, including a trip for two anywhere WestJet flies and a vacation package to the polar bear capital, Churchill, Man., and so much more.

"In the past, we have danced under the wings of planes at the Aviation Museum," says Diana Rasmussen, executive director for the ALS Society of Manitoba. "Now we are going to dance on the greens of the St. Charles Country Club. Events like our gala truly make the work we do possible. Without the generosity of our sponsors and guests, our footprint in the community would not be as big as it is."

Event sponsors include: Derksen Plumbing & Heating; Derksen Mechanical Services; Canexus Corporation; CJOB; Metro Winnipeg; Manitoba Liquor and Lotteries; Red River Cooperative Ltd., and E.H. Price.

The ALS Society of Manitoba provides support for Manitobans affected by ALS (Lou Gehrig's disease), a fatal rapidly progressive neuromuscular disease that affects more than 270 Manitobans.

Tickets are $150 with a partial tax receipt. For more information on tickets or becoming a sponsor, contact the ALS Society of Manitoba at 204-831-1510, or HOPE@alsmb.ca.

ANNUAL WALK HELPS HONOUR LOVED ONES

EVENT IS MAY 31

CONTRIBUTED

It was a cool, crisp morning, but that didn't stop more than 1,500 people from getting up early and making their way to the Assiniboine Park last year for the annual Walk for ALS. Many wear shirts to honour the loved one they have lost, while others hang back because the loss is so fresh. No matter the time passed, by the end of the day everyone will be part of the ALS family and no one will walk alone.

For 15 years, the ALS Society of Manitoba has held this walk. The route is covered in signage and names of those who have fought the fight, and although there will be tears, the strength of those that walk will continue to grow.

"Every year I get the chance to see old friends and walk beside new ones," says Diana Rasmussen, executive director of the ALS Society of Manitoba. "This walk shows we are not alone and are growing stronger each year."

Last year's Walk for ALS raised more than $210,000 for people living with ALS in Manitoba and to help fund research. The goal this year is $225,000 and Rasmussen says she is confident the goal will be met.

To sign up for this year's walk on May 31, contact the ALS Society of Manitoba at 204-831-1510 or HOPE@alsmb.ca.

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Gala

Saturday, April 12, 2014

St. Charles Country Club
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Gala Tickets $150.00

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Saturday, May 31, 2014
Assiniboine Park
South East Picnic Area

WALK for ALS

Registration Time: 9:00 am
Kick-Off Time: 10:00 am
Distance: 5 Km
$30.00 Registration Fee (or free with a minimum of $30.00 in pledges).
Dog Friendly Event (on a leash).

Stars players rush to their bench to aid teammate Rich Peverley on Monday night in Dallas. Peverley suffered what GM Jim Nill called a "cardiac event" and was transported to the hospital after play was suspended. SHARON ELLMAN/THE ASSOCIATED PRESS

NHL emergency protocol heralded

Rich Peverley. Dallas Star went into a 'cardiac event' during Monday's game, was transported to hospital

From the time Rich Peverley collapsed on the bench to the time he was taken to the hospital, NHL protocols for medical emergencies were followed exactly how they were supposed to, and it might have saved the Dallas Stars forward's life.

Peverley, who has missed games this season because of an irregular heartbeat, had what general manager Jim Nill called a "cardiac event" during Monday night's game against the Columbus Blue Jackets. Play was stopped immediately, and Peverley was taken down the tunnel and attended to before being transported to hospital.

The league's emergency medical standards were in place at American Airlines Center, as they are in every NHL rink.

That includes having at least two team doctors in attendance and at least one within 50 feet (15 metres) of the bench.

The incident is not likely to lead to dramatic changes in the way NHL teams deal with emergency medical situations because they worked so well.

The current guidelines are spelled out in four pages of specific detail, including the availability of triage facilities, physicians, trainers and ambulances. THE CANADIAN PRESS

Similar heart failures

- Jiri Fischer of the Detroit Red Wings went into cardiac arrest in 2005 but quick medical care saved him.
- Sergei Zholtok died of a heart ailment while playing in his Latvia in 2004.
- New York Rangers prospect Alexei Cherepanov died of heart failure during a 2008 KHL game.

Snowboard cross

Maltais wins her 5th Crystal Globe

Dominique Maltais has secured the World Cup snowboard-cross title for a fourth straight year and fifth overall.

The native of Petite-Rivière-St Francois, Que., clinched the Crystal Globe after winning a World Cup event Tuesday.

Maltais won a silver medal last month at the Sochi Olympics.

THE CANADIAN PRESS

Tennis

Bouchard's run at BNP Paribas Open meets its end

Montreal's Eugenie Bouchard bowed out of the BNP Paribas Open on Tuesday, losing in the fourth round to sixth-seed Simona Halep of Romania 6-2, 1-6, 6-4.

Canada's last chance in the women's draw of the ATP-WTA tournament now rests with Aleksandra Wozniak. The player from Blainville, Que., was scheduled to face Australian Open champion and top seed Li Na later Tuesday.

THE CANADIAN PRESS

The scent of losing

"When (an opposing) team smells blood in the water, it's a dangerous thing."

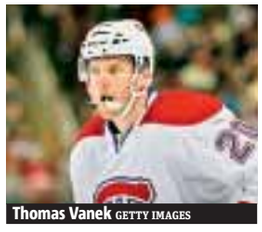
Vancouver Canucks coach John Tortorella on his struggling team, which suffered a humiliating 7-4 home loss to the lowly New York Islanders on Monday night.

Habs. Vanek excited to experience heated rivalry

It won't take long for Thomas Vanek to get his first taste of the heated Montreal Canadiens-Boston Bruins rivalry.

The 30-year-old acquired by Montreal at last week's NHL trade deadline will play his first home game at the Bell Centre against the Bruins on Wednesday night.

"Rivalries are for the fans," Vanek said Tuesday. "They're good for the league, but for us in here, and I'm sure it's the same as everywhere, it's just about winning the two points.



Thomas Vanek GETTY IMAGES

"But I'm sure the atmosphere will be great and I can't wait to experience it."

THE CANADIAN PRESS

Quebec

Politics won't affect view on expansion: NHL

Pierre Karl Péladeau's decision to run for the Parti Québécois doesn't impact the NHL's position on potentially putting an expansion franchise in the province, the league said Tuesday.

Péladeau of Quebecor Inc. has been one of the key figures in efforts to bring an NHL team back to Quebec City.

THE CANADIAN PRESS

Rules. Changes to OT, faceoffs may be proposed

NHL general managers may be nearing recommendations on rule changes but believe there is little need for significant action.

By Wednesday a number of proposals could be sent to the competition committee for consideration. Two key items might concern rules regarding overtime and the faceoff.

"The group recommended some changes to faceoff procedure and potentially instead of ejecting for a violation of faceoff procedure maybe penalizing in terms of making the centre man take a step back," NHL deputy commissioner Bill Daly said. "That was certainly something that was discussed."

Bill Daly GETTY IMAGES

The overtime rule might see each team switch ends of the ice necessitating longer line changes.

THE ASSOCIATED PRESS

Through rain, snow and sledge in Sochi

Paralympics roundup. Canada's perfect sledge hockey record stays intact, Arendz battles for bronze in biathlon

Greg Westlake scored the game's only goal while Corbin Watson made seven saves for his second straight shutout Tuesday as Canada defeated the Czech Republic 1-0 in sledge hockey at the Sochi Paralympics.

Westlake broke the scoreless tie at 7:33 of the second period, ripping a shot upstairs from in tight for his second goal of the tournament.

Canada had a number of chances to extend the lead but was forced to hang on late as the Czechs made one final push in the dying seconds.

"They're a big team. They're physical," said Westlake. "They've got a lot of men on their team."

Canada has surrendered just one goal on 18 shots through three round-robin victories while outscoring its opponents 15-1.

"It was a fun game to play and it was a necessary game to play because we get better and we needed a team to push us going into the medal round," said Westlake.

Canada clinched first place in its pool and will take on the United States in one of Thursday's semifinals.

The Americans, who won gold four years ago in Vancouver, dropped a hard-fought 2-1 decision to the host Russians earlier Tuesday to finish second in their group.

Russia will meet Norway in the other semifinal.

Elsewhere on Tuesday, biathlete Mark Arendz battled pouring rain and dense fog to win a bronze medal in the men's 12.5-kilometre standing category.

He finished in 30 minutes 31 seconds. Russia's Azat Karachurin won gold in 29:30.0 while Norway's Nils-Erik Ulset captured silver.

"To get a medal is awesome and that was the goal," said Arendz.

Arendz's medal was Canada's seventh so far in the competition (one gold, two silver, four bronze).

Host Russia continues to lead with a whopping 34 medals, 23 ahead of second-place Ukraine. Canada and the United States are tied in third.

Arendz, who shot 19-of-20, said the poor visibility made the race extra challenging.

In para-alpine skiing, Braydon Luscombe of Duncan, B.C., was the top-placing Canadian, finishing second in the standing division with a time of 52.17 seconds. Josh Dueck of Kimberley, B.C., placed fifth in the sitting category in 59.93 seconds.

Standing athlete Kirk Schornstein of Spruce Grove, Alta., was 17th and Mac Marcoux of Sault Ste. Marie, Ont., and guide Robin Femy of Mont-Tremblant, Que., did not finish their run in the visually impaired category.

In the women's slalom, standing skier Calgary's Alexandra Starker was the top-placing Canadian in 1:06.59. Toronto's Erin Latimer was eighth.

In wheelchair curling, Canada improved to 5-1 and moved into a first-place tie with Russia with an 8-5 victory over China.

THE CANADIAN PRESS

Mark Arendz of Canada races to a bronze-medal finish in men's biathlon at the 2014 Paralympic Games in Sochi, Russia, on Tuesday. RONALD MARTINEZ/GETTY IMAGES

Firing blanks

"We had some scoring chances; there was just no finish." **Team Canada sledge hockey coach Mike Mondin** explains his team's trouble getting goals on Tuesday

Hockey

Body of missing OHL player found

Officials with the Saginaw Spirit say Michigan State Police have told them that the body of missing minor-league hockey player Terry Trafford has been found.

A man's body was found Tuesday afternoon in an SUV matching the description of one belonging to Trafford in the parking lot of a Walmart store in Saginaw Township.

Trafford reportedly last was seen about 9:30 a.m. on March 3 at the Dow Event Center, the home arena for the Spirit.

In a statement on the Ontario Hockey League team's website, the Spirit offered condolences to Trafford's family and his friends in Ontario and Michigan.

Saginaw Spirit president Craig Goslin had said Trafford was sent home prior to his disappearance "for a violation of rules," but said Trafford wasn't permanently cut from the team.

At one point in the search, police said they believed Trafford might have left the state to return to his hometown of Toronto.

THE CANADIAN PRESS

Terry Trafford OHL PHOTOS

Beating the butterflies against Bautista

Toronto right fielder Jose Bautista talks with members of Canada's national junior baseball team at Al Lang Field in St. Petersburg, Fla., on Tuesday. The Jays beat Canada 12-2. NEIL DAVIDSON/THE CANADIAN PRESS

Bases loaded in the first inning, none out and Toronto Blue Jays slugger Jose Bautista at the plate.

A recipe for disaster for most pitchers. Especially a teenage thrower.

But it turned into a day to remember for 17-year-old starter Ben Onyshko, who managed to hold Bautista and his $14-million US annual salary to a sacrifice fly. The Winnipeg native got out of the inning without further damage and yielded just two runs on four hits over his three innings for the Canadian junior baseball team.

"The experience of a lifetime," Onyshko said after leaving the game tied 2-2.

The young Canadians took it on the chin after that. A Toronto Blue Jays split squad rallied for three runs in the fifth inning, four in the seventh and three in the eighth en route to a 12-2 victory over the Canadian juniors Tuesday under the sunshine at Al Lang Field.

Onyshko, who has accepted a scholarship to Stetson University, said he tried to just focus on the task at hand in the first when Bautista came to the plate after two walks and a Moises Sierra single.

"It was surreal," said Onyshko."I was scared for a split second when he (Bautista) hit the ball. Once I was able to get that first out, I think things started to roll a bit better. I settled in."

Onyshko, who recorded one strikeout, had his parents and sister looking on in the stands.

Jays starter Brandon Morrow, not helped by a Colby Rasmus error, gave up two runs on four hits. He struck out two and walked three.

Morrow was followed by Sergio Santos, Steve Delabar and Aaron Sanchez.

THE CANADIAN PRESS

A day to remember

"I've got to admit my mind was racing a little bit." **Canadian pitcher Ben Onyshko** on facing Toronto slugger Jose Bautista

Canada's junior team

The team plays in the fall instructional league against young major-league talent before their spring series in Florida in March and April.

- **The opposition.** This year's opponents also include teams from the Atlanta Braves, Philadelphia Phillies, Pittsburgh Pirates and Washington Nationals.
- **Baseball worlds.** Canada's schedule is built around a qualifying tournament in Mexico in September for the 2015 world junior championships in Japan. Canada is bidding to become one of the four teams to emerge from the Americas.

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Nissan's lovable Rogue for 2015

PHOTOS: WHEELBASEMEDIA.COM

2015 Nissan Rogue

- **Type.** Four-door, front- all-wheel-drive compact wagon
- **Engines (hp).** 2.5-litre DOHC I4 (170)
- **Transmissions.** Continuously variable (CVT)
- **Base price (incl. destination).** $25,100

Fuel economy

The improved CVT helps bump fuel economy to 7.9 l/100 km in the city and 6.0 on the highway (8.2/6.2 for AWD models), compared to 9.0/7.0 for previous Rogues (9.6/7.7 for AWD).

Engine

Visually, the Tennessee-built Rogue swaps out its Murano-like egg-carton grille for one that's a whole lot bolder. It's part of a new front end with added folds and creases for the hood and fenders, an enlarged lower air intake and fancy jewel-like headlight pods ringed with standard LED (Light Emitting Diode) running lights.

Review. Quality weather versatility, good value and NASA-inspired seats will win you over

MALCOLM GUNN
wheelbasemedia.com

It's cold out here. Like, -20 C, with blowing snow and darkening skies in the heart of Quebec's Laurentian mountains just north of Montreal. And here we are, sampling Nissan's 2014 Rogue compact wagon.

The second-generation Rogue follows a pattern established by the original 2008 model-year version. Although a Nissan success story, the Rogue is kept at bay by the league-leading Honda CR-V, Ford Escape, Toyota RAV4 and Chevrolet Equinox. For 2014, the Rogue has upped its game with more distinctive styling, more comfortable and practical seating arrangements and improved fuel economy. They constitute basic motherhood issues for this segment that absolutely factor into the purchasing-decision process.

At the opposite end, the rear window and side glass are squared-off and the taillights are enlarged and repositioned above the fender line for improved style and visibility.

What isn't visible is the Rogue's all-new platform that's developed with Nissan's cross-ownership partner Renault. The Rogue's dimensions actually vary little from the original architecture, with just a 1.5-centimetre stretch between the front and rear wheels and similarly small increases in width and body height.

Inside, Nissan increased the Rogue's load capacity by about 20 per cent, thanks to a new fold-flat passenger seat. Overall interior volume is increased by about 10 per cent.

Nissan now offers a third-row seating option for the Rogue, which makes it the only small ute in its class outside of the Mitsubishi Outlander with the capacity to transport up to seven passengers. Access is secured by sliding the split-folding second-row bench forward up to nine inches, but as with most three-row arrangements it's best to position only smaller folks in the back row for short journeys and surrender any meaningful amount of stowage space while it's in use.

The remaining restyled cabin area is a place of comfort and joy, especially the restyled dash/control panel layout and the NASA-inspired "Zero Gravity" front seats (similar to the ones in the Nissan Altima sedan). They really do the trick on extended trips, especially with the optional progressive quick-heat system that warms the thighs and hips before extending warmth to other body areas. Returning is a 175-horsepower 2.5-litre four-cylinder engine. It's connected to a continuously variable transmission (CVT) that now performs more like a traditional automatic in operation and performance. A redesigned belt and pulley system plus a sport-mode switch for the driver sharpens transmission operation and throttle response.

Various traction and control aids make winter tripping tolerable. The $2,000 all-wheel-drive option—a must-have for snow-bound buyers—redirects engine torque from the front to the rear, or to individual wheels, as necessary. The AWD can also be locked in 50/50 mode (front/back) at speeds below 40 km-h.

Other safety and comfort systems can be brought into play on the Rogue, such as Active Ride Control that uses the brakes and engine torque to help smooth rough-road jounces, Active Trace Control that applies the inner or outer brakes as needed for more directionally precise cornering and Active Engine Braking that automatically reduces engine torque to help slow down the vehicle while you're using the brake pedal.

Options include a power-adjustable driver's panorama sunroof and "Around View Monitor" that shows a bird's-eye view of what's going on around you. Also optional is a leather interior and a navigation system, which of course inflates the Rogue's $25,100 base price but allows buyers to take the luxury route whether heading to and from work, or heading outdoors for some cold-weather fun.

Compare

1 Ford Escape
Base price: $25,600

2 Honda CR-V
Base price: $27,600

3 Chevrolet Equinox
Base price: $28,100

Retail ready fuel-cell cars just 18 months away

Clean process. Toyota's new concept creates electricity to power an electric motor using hydrogen and oxygen from the air

AUTO PILOT
Mike Goetz
drive@metronews.ca

Fuel-cell vehicles have always had an aura of science fiction about them, even though the science has been around since 1850 or so, when Sir William Grove first mused about generating electricity by exploiting how electrons hold water together.

Don't worry, this will not be a science lesson.

Science and I stopped being friends in grade nine, when I wondered how the mild acid in a glass beaker would fair in a Styrofoam cup, and the acid ate the Styrofoam cup, and the finish on the desk, and the finish on the floor, and caused Mr. Ramsey to be very ill-tempered with me.

I guess the vague science fiction feel comes from the notion of something could be a "fuel" — in this case hydrogen — yet only produce water as an "emission." It doesn't sound natural, in our lives so used to, and tied to, the combustion-ing of petrochemicals.

The only thing I want to say today about fuel cell vehicles is how close they are to actually being a fully retail product. Hyundai, Toyota, Honda, BMW and Mercedes-Benz have all officially announced intentions to have "retail ready" fuel-cell vehicles in showrooms within 18 to 24 months, depending on the market.

Two years goes by fast. It's already been three years since Charlie Sheen was last seen on Two and a Half Men.

The manufacturers are deep into testing the actual fuel-cell components we will see on these retail units. No more going back to the drawing board for another blue-sky concept. Toyota's fuel-cell test mule, for example, has been raking up miles in North America for over a year now, including a deep freeze stint in Yellowknife.

Off course, we still need a hydrogen re-fueling infrastructure, and that is not progressing along swimmingly. In fact, right now there is not one publicly accessible hydrogen station in all of Canada, and no immediate plans to build any amount. But say we overlook that alarming impediment and say fuel-cell vehicles will be a major force in the next few decades — because now it's time to look beyond fuel-cells. Yes, fuel cells are barely here, or more correctly not even here yet — but don't we need to know what will be the next big vehicle propulsion thing, after fuel cells?

Yes we need to know, but details are sketchy.

There doesn't seem to be one imminent and/or dominate science or technology currently poised to add to the list of major ways vehicles have been driven. So far on the timeline there is steam, electricity, the internal combustion engine using various petrochemicals, more electricity, and fuel-cells using hydrogen.

Maybe quantum physics will figure in somehow. There is some discussion about a quantum propulsion machine. I'd explain it, but I'd have to understand it first, and that's not going to happen.

Under the skin of Toyota's latest concept vehicle, the FCV, are fuel-cell components destined for actual production vehicles. BOTH IMAGES PROVIDED

The ultra futuristic-looking hydrogen tank in place.

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Horoscopes

♈ Aries
March 21 - April 20
The Sun in Pisces at this time of year can make you emotional and you will find it hard to hide your feelings today. Why would you want to? Honesty is essential in all situations.

♉ Taurus
April 21 - May 21
What comes to light in an unexpected manner today will most likely improve your bargaining position. It will also remind you that you that you have friends you can count on.

♊ Gemini
May 22 - June 21
Fight for your rights today, no matter how overwhelming the odds may be. Actually the odds are not nearly stacked against you to the extent you believe. Rivals are as scared of you as you are of them.

♋ Cancer
June 22 - July 23
The more others say you can trust them today, the more cautious you should be. In any negotiations you must get promises in writing at every stage. If you don't, they will likely turn out to be worthless.

♌ Leo
July 24 - Aug. 23
You know what to say and do to win friends and relatives to your way of thinking. Whether your way of thinking is correct is another matter entirely — but since when do Leos worry about things like that?

♍ Virgo
Aug. 24 - Sept. 23
A positive outlook in the face of adversity is essential. Because Virgo is a sign that gets caught up in details, you have a tendency to think it's the end of the world when little things go wrong.

♎ Libra
Sept. 24 - Oct. 23
A plan that has been in a state of limbo since the start of the year will begin to move forward again today. Don't try to do everything at once though. You'll catch up.

♏ Scorpio
Oct. 24 - Nov. 22
If you do anything to excess between now and the full moon on the 16th you will regret it, so tone down your act and don't try so hard to impress friends or co-workers.

♐ Sagittarius
Nov. 23 - Dec. 21
You have no doubts and no reason to believe you will not succeed at the tasks you have set yourself. Rivals may try to derail your plans over the next few days but they won't come close to succeeding.

♑ Capricorn
Dec. 22 - Jan. 20
Keep options open over the next 24 hours, especially in dealing with co-workers. Because their plans are likely to change you may have to change too. If you're flexible, you will be in the money.

♒ Aquarius
Jan. 21 - Feb. 19
Make an effort to stand above petty battled. It may look as if the world is going to hell in a handcart but that's only because you are taking too narrow a view of events.

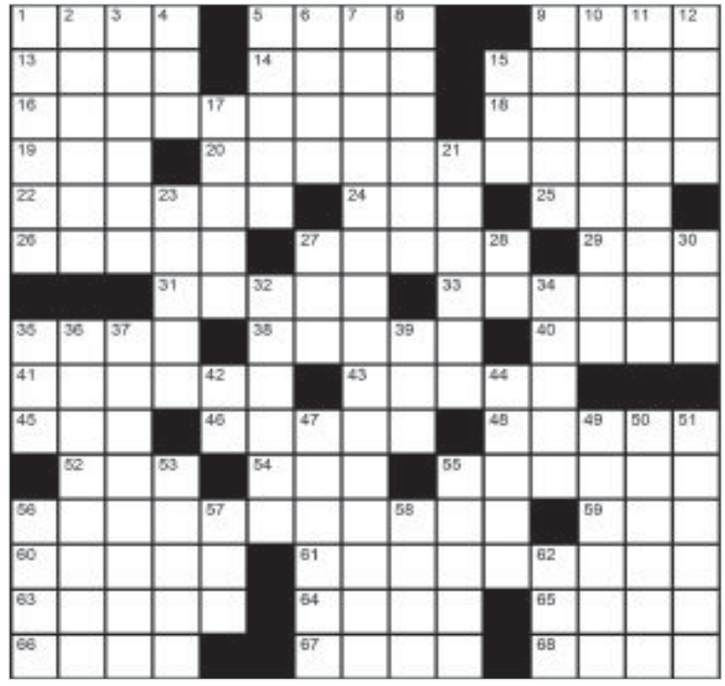
♓ Pisces
Feb. 20 - March 20
You need to raise your game. A week or so from now the Sun will move out of your birth sign, after which it may not be so easy to get things done. Don't aim just to be better, aim to be the best.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

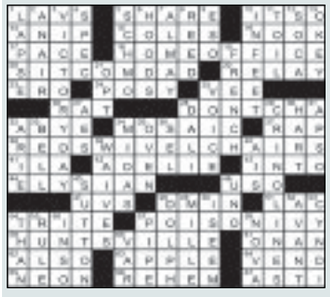
BY KELLY ANN BUCHANAN



Across
1. __ Sanctorum
5. Vents
9. Purina rival
13. Benefit
14. Lovestruck, olde-style
15. Offshoot
16. Self-esteem issue: 2 wds.
18. Uncle's wife [var. sp.]
19. 'Pay' suffix
20. Canadian actor Matt Frewer played the computerized title character on this late-'80s series: 2 wds.
22. Group of four
24. Cable channel
25. High sch. math
26. Wooded
27. Inexpensive
29. Dawn goddess
31. Musical pace
33. 007's Ms. Andress
35. La Boheme role
38. Sicily's volcano, belonging to it
40. Caesar's 2,550
41. Highlight
43. Finale
45. Dog breed
46. Humdinger
48. Q. "How do you say 'West' in French?" A. "It's either 'Ouest' __ '__', I think."
52. Ms. Vardalos
54. Bruins legend Bobby
55. 24 hr. banker cost: 2 wds.
56. "Sherlock" star Benedict __, on Showcase
59. Mon.'s French equivalent
60. Mr. Welles
61. Nicknamed health plan always mentioned on American news
63. "So _ __ a song of love, Julia." - The Beatles
64. Movie beekeeper
65. "Now!"
66. Require
67. Fam. members
68. 'Special' suffixes

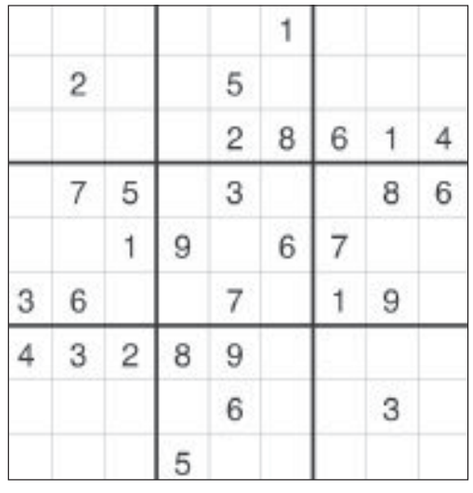
Down
1. John __, Prime Minister who is Christopher Plummer's great-grandfather
2. Beverage 'box'
3. Until now: 2 wds.
4. "__ questions?"
5. Equally irked: 2 wds.
6. Jumbo-sized movie presenter
7. The __ __ Stephen Harper
8. Sam __ (Famous officer of the North West Mounted Police)
9. Honda car
10. Flooring choice
11. Leprechaun's treasure, __ '__
12. 'Pseud' suffix
15. Unhappy
17. "Drats, _ __ a mistake."
21. "Rebel Without _ __" (1955)
23. Fix, as shoelaces
27. Mil. rank
28. Media company dept.
30. Mr. Mineo
32. Shooting star
34. Faux compliments-giving
35. Blueprint
36. Medical job on Global drama "Remedy": acr. + wd.
37. Danielle __, Senior Reporter on CTV's "etalk"
39. Li'l quantity
42. Fredericton's prov.
44. Saxe-Coburg-__ (British monarchy's pre-Windsor name)
47. Shady tree retreat
49. _ __ (Some music notes)
50. Pointillist painter, Georges __
51. Principles
53. Form _ __ (Grow close)
55. Pinnacles
56. Nickel
57. Manchester, __.
58. Weight unit in China
62. Show on Marg's TV resume

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	1	2	4	6	9	8	3	7
3	7	4	2	5	8	9	6	1
6	9	8	7	3	1	2	4	5
7	4	3	9	2	6	1	5	8
1	2	5	3	8	4	6	7	9
8	6	9	5	1	7	3	2	4
4	8	6	1	7	2	5	9	3
9	5	1	6	4	3	7	8	2
2	3	7	8	9	5	4	1	6

Weather

TODAY	THURSDAY	FRIDAY
MAX: -4° MIN: -5°	MAX: 4° MIN: -4°	MAX: -4° MIN: -19°

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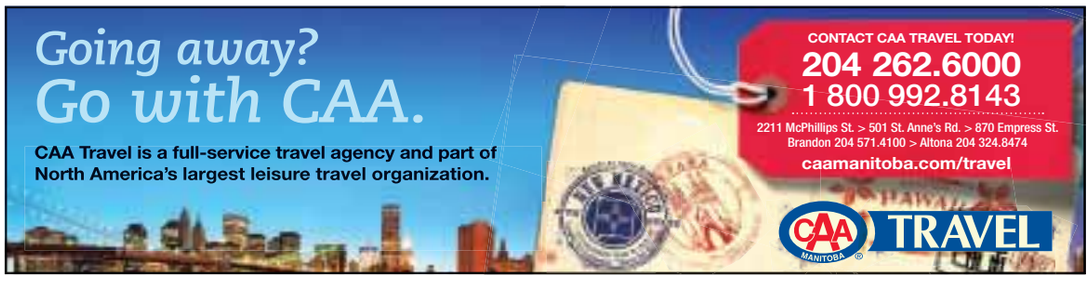
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